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TALL TREE
CYCLES

Saturday May 9
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www.talltreecycles.ca

Drugs could be available via machine

PRESCRIPTIONS Automated machines dispensing prescription drugs could appear in doctor's clinics, retirement homes and in remote locations throughout Ontario if enough pharmacists buy into the new drug delivery system.

Legislation will be introduced next week that allows for prescriptions to be filled by a machine without the physical presence of a pharmacist, said Health Minister David Caplan yesterday.

In Ontario, pharmacy technicians will be able to dispense drugs under the supervision of a pharmacist who is connected by video. Customers pay, the machine spits out the labelled medication and issues a receipt.

Narcotics will not be stocked in the machines but they will be stocked with common drugs for chronic diseases such as diabetes, antibiotics and heart medication. **TORSTAR NEWS SERVICE**

ShareYourViews
ottawaleaders@metronews.ca

Sports pg 12

Balsillie's NHL showdown

Mom's Day pgs13-16



Gifts to make mom glow

Food pg 18



Light, lemon pudding treat

Timeless **Robinson**



A model poses at a preview of Richard Robinson's 2009 collection outside the Sussex Drive shop yesterday. This year, the haute couture designer celebrates 40 years in fashion. **Story, pg 3**

Tunnel bad for Rideau: Retailers

TIM WIECLAWSKI
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The proposed downtown tunnel alignment that puts a station near Rideau Street and Colonel By Drive would be detrimental to the economic stability of the area, business representatives told the city's transit committee yesterday.

Rideau Centre general manager Cindy VanBuskirk told the committee that the proposed Rideau Street tunnel alignment would move all regional and express transit traffic from Mackenzie King Bridge and eliminate most of the pedestrian traffic to the second and third floors of the mall.

VanBuskirk said the Rideau Centre currently tracks around 400,000 visitor per week or 20 million people per year.

"Putting all of that pedestrian movement at the north end of our building does nothing to support the retail on the second and third levels and in (a) multi-level non-traditional mall," she said, "we need — demand — generators at both ends of the building."

Downtown Rideau Street BIA executive director Peggy DuCharme said the area was already stretched to capacity for transit. She said

Timeline

- If the downtown tunnel alignment is passed by city council, a six-month environmental assessment process will begin in July, a second open house will be held in September.

more traffic would jeopardize the street's ability to remain accessible to all modes of transportation.

"Rideau Street is a main street, but you would never know it by the demand of transit that is being focused on it," DuCharme said.

"However, since the rapid transit buses would no longer be using Mackenzie King Bridge, local and inter-provincial buses could then move to the north," said deputy city manager of infrastructure services Nancy Schepers, which would relieve the congestion on Rideau Street.

VanBuskirk said the arrangement was not ideal, but she was open to discussing it.

The city staff recommended alignment for the 3.2-kilometre tunnel would begin west of Bronson and run underneath Albert Street then shift south to Queen Street before turning north after Rideau Street and coming back to the surface near Mann Avenue.

Second case of flu in Ottawa confirmed

HEALTH One day after Ottawa announced its first confirmed case of Influenza A (H1N1), also known as swine flu, the city's medical officer of health has announced a second case.

Like the first individual, the second patient, also a male living in the city, had recently returned from

Mexico and suffered "mild" symptoms, said Dr. Isra Levy at a news conference yesterday.

"We've confirmed the report of a second person in our community that tested positive for the H1N1 virus," said Levy.

Levy said there is no link between the two cases.

Because it takes some time for the labs to confirm the virus, "we may see more cases and we may not," he said.

Currently, said Levy, public health is waiting on 10 samples in city labs.

As of yesterday, there were 165 confirmed cases of swine flu in Canada, ex-

cluding Ottawa's latest case, which was announced late yesterday afternoon.

As with the first case, Levy said he is not releasing information about the individual other than he had been to Mexico, and that "he sought medical attention within days of becoming symptomatic" once he

had returned to Canada.

"The only way we would release information is if it had an impact on those in the community," he said.

It's very difficult to tell others how to interpret the infection, said Levy. "As health professionals, we are trying to find the balance."

TRACEY TONG/METRO OTTAWA

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BEAUTY
at the Bay

Get your lottery tickets while you can

Tomorrow is the deadline to qualify for the early bird prize draw in the Ottawa Hospital and CHEO Lottery. The prizes are worth \$93,277 and include \$30,000 in cash and a 2009 Cadillac. For info, visit weallwin.ca. **METRO OTTAWA**

Local



Suspicious man approached girl: Cops

Ottawa police are investigating a suspicious incident in Munster after a man approached a child on Owlshead Road. At 6 p.m. on Monday, a driver in a rusty, older model green Jeep Cherokee asked a six-year-old girl playing on her front lawn to come over. He fled when the girl's mother exited the residence. The suspect is described as a South Asian male, 30 to 40 years old, tall with a skinny build and dark shoulder-length hair. **METRO OTTAWA**

Fashion icon not slowing down

After 40 years in the business, Robinson unveils his latest collection

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He's worked on creations for Brigitte Bardot, Elizabeth Taylor and Catherine Deneuve.

He's dressed Gov. Gen. Michaëlle Jean, her predecessor Adrienne Clarkson and designed the now-famous million-dollar catsuit for Marlen Cowpland.

It's no wonder that after four decades in the fashion business, Richard Robinson isn't even considering retirement.

The Ottawa-based haute

"He's classical in nature, but still likes making fashion fun, and going a bit further with his creations."

Louise Robinson

couture fashion designer, whose shop has been located on Sussex Drive for 40 years, celebrated his career with a red-carpet preview of his 2009 collection in front of his shop yesterday.

Robinson was only 21 when he opened Richard Robinson fashion house on June 2, 1969, where Nicholas Hoare Books is

now located.

Now 61, he shows no sign of slowing down.

Over the years, the most memorable garment he's ever designed was "for my wife — a white wedding gown in kid leather, and a 75-foot veil."

"We got married in the (Notre Dame Cathedral) and I measured the aisle,"

he said.

After 39 years of marriage, Louise Robinson still only wears clothes designed by her husband.

"I love everything he does," she said. "He's classical in nature, but still likes making fashion fun, and going a bit further with his creations."

"That's what gives the pizzazz to his fashion." Robinson's collections are also timeless, his wife said.

"I have clothes that are 10 years old," she said. "They don't age, so you accumulate a wardrobe. It's

like an investment, not an expense."

While Robinson has customers all over the world, the couple stays firmly rooted in the National Capital Region.

The last 40 years have flown by, and he has no regrets, the designer said. The fashion industry, from discovering "new designs and colours to working with interesting people and travelling" is fascinating, Robinson said.

"I'm going to design to the end. I hope that when I die, I'll be sketching my last sketch," he said.

Rapid bridge fix returns in August

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WEEKEND It's becoming an August long weekend tradition. Once again, the Ministry of Transportation of Ontario will repair and expand one of the overpasses on Highway 417 using the rapid replacement technology, the MTO announced yesterday.

"It's becoming so old hat that not too many people showed up at our information night because it's no longer state of the art anymore," said Kevin Gibbs, project manager for planning and design with the MTO.

In 2007, the MTO made engineering history in Ottawa when the bridge over Island Park Drive was lifted out and replaced by a new structure built a short distance away. The entire operation was successfully completed within 17 hours and caused relatively minor traffic disruption compared to a traditional rehabilitation project.

Last year, the Clyde Avenue overpass was replaced using the same technology. This summer, the Carling Avenue overpass will be replaced starting at 6 p.m. on Saturday, Aug. 1. The procedure will force the Queensway to be closed overnight, but one lane should be reopened by 11 a.m. Sunday morning. Carling Avenue will be closed on Sunday afternoon in order to give the heavy lift equipment time to get in place.

While the procedure is becoming an annual event in Ottawa, the technology has not yet been used elsewhere in the province.

Manny Goetz, an engineer consultant with McCormick Rankin said the MTO is looking at other areas that it could be done.

Murder victim identified

CRIME Ottawa police have confirmed the identity of the second homicide victim of 2009.

Dominic Doyon of Ottawa was found dead in a Murray Street community housing highrise early Tuesday morning.

Police said they arrested two males shortly after the discovery of the victim.

Carl Robert Joseph St-Cyr, 31, and Toby Little Otter Land, 24, both of Ottawa, have each been charged with one count of second-degree murder. They appeared in court yesterday and remain in custody.

TRACEY TONG/METRO OTTAWA

Unemployment clock on tour

TIM WIECLAWSKI
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JOBS As of 11 a.m. yesterday, more than 1.5 million people were unemployed in Canada, said the Telecommunications Workers Union.

The numbers were plain to anyone standing along Wellington Street around noon yesterday after the union posted a digital display on the side of a van in front of Parliament Hill.

The National Unemployment Clock offers a real-time tally of job loss in Canada, the union said.

TWU national vice-president John Carpenter said the purpose of the clock is to raise awareness to Canadians that unemployment in this country is a problem.

"The big corporations that are outsourcing overseas need to recognize that we have problem and that they have to bring the jobs back to Canada," he said.

Carpenter said the problem extends beyond the telecommunications field and to everything from manufacturing to retail, forestry and oil.

After making a stop at the National Gallery of Canada, the clock is travelling to Vancouver, where it will be installed in its permanent home on June 8.

Along the way, street lecting signatures for a petition that would be delivered to Prime Minister Stephen Harper and



John Carpenter, national vice-president of the Telecommunications Workers Union, stands in front of the National Unemployment Clock parked in front of Parliament Hill late yesterday morning. The clock displays a real-time tally of unemployed people in Canada.

Labour Minister Rona Ambrose.

metronews.ca
What's online today.

Video Tributes pour in for Winnipeg homeless man who saved drowning teen at metronews.ca/canada
Blogs Style columnist Kenya Hunt finally joins Twitter and Hollywood Rants honours Dom DeLuise's true legacy ... the Cannonball Run blooper reel
Check movie showtimes, watch trailers and read reviews



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Lotto 6/49: 1, 4, 9, 20, 30 & 44. Bonus 18.
Ontario 49: 1, 15, 20, 34, 42 & 49. Bonus 9.
Ontario Pick 3: 2 5 4; Ontario Pick 4: 1 2 4 3
Encore: 4576245
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These results are not official.



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local

Opera Lyra Ottawa is holding its annual live and silent auctions at the Canadian Museum of Civilization tomorrow to raise funds for its educational programs. **METRO OTTAWA**

Kids stay connected

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A hospital can be a lonely place to be, especially when you're a kid.

But it doesn't have to be. The Children's Hospital of Eastern Ontario yesterday launched Canada's first secure online community in Ottawa to keep kids in hospitals connected to each other.

Created by Kids' Health Links Foundation last year, Upopolis — which has gone bilingual for the first time to meet the needs of area patients — allows children to create personal profiles

and use blogs, instant chat and child-friendly games.

The site also allows kids to stay up to date with their schoolwork through a homework site, look up kid-friendly health and wellness information, and to make connections with other children with the same condition.

"We take in thousands of sick children and youth who have to stay in hospital for extended periods of time," said CHEO president and CEO Michel Bilodeau.

"We focus our care on keeping our young patients connected to their family and friends for support."

"Upopolis brings kids the

unique ability to have their world at the hospital bedside, connecting them to family, friends and other patients at anytime, not just during visiting hours," said Joe Natale, president of TELUS Business Solutions, which powers the site.

"It uses the power of technology to make their hospital stay less isolating, keeping them plugged into the social networks that they depend on more than any other generation before them."

Launched at McMaster Children's Hospital in 2008, Upopolis is also used in hospitals in Vancouver and Halifax.

Robbery suspect makes court appearance

CRIME An Ottawa man faces multiple charges after a downtown bank was robbed in broad daylight earlier this week.

Police said at 5:13 p.m. on Monday, a lone male entered the TD Canada Trust in the 400 block of Rideau Street and after indicating he had a gun, demanded cash.

Following an investiga-

tion, police later arrested a male matching the description of the suspect.

Christopher Alan MacDonald, 38, faces two counts of robbery, one count of disguise with intent and one count of intimidation. He appeared in court yesterday.

Police have also charged a 35-year-old city man in relation to an April 15 robbery

at a Loeb grocery store at 50 Beechwood Ave. after seeking help from the public.

Police said the suspect allegedly grabbed money from a cashier's hand after coming through a lane with items for purchase.

Patrick Cote faces one count of robbery and breach of probation.

TRACEY TONG/METRO OTTAWA



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LIPS

Canwest Global Communications Corp., the country's largest media company, announced yet another extension to lender talks yesterday as it fights a massive downturn in the advertising market. **REUTERS**

Canada



Canada soft on asylum: Czech PM

Canada is soft on asylum seekers, and ends up being targeted by certain groups as a result, Czech Republic Prime Minister Mirek Topolánek charges. In April, Canada granted asylum to 84 Czech asylum seekers, all of them Roma — once called gypsies — who are often persecuted right across Europe. Last year, 853 Czech citizens, all Romani, sought refugee status in Canada.

TORSTAR NEWS SERVICE

Moscow Space odyssey



Canadian astronaut Robert Thirsk gives a thumbs-up during an examination at the Star City space centre outside Moscow yesterday. European Space Agency (ESA) astronaut Frank De Winne of Belgium, Russian cosmonaut Roman Romanenko and Thirsk are due to take off to the International Space Station (ISS) on May 27.

Sleepless stress

Economic downturn raises anxiety: Survey

Stressed-out Canadians are losing sleep over the protracted economic melt-down, a survey showed yesterday, and that's translating into heightened anxiety and a drop in productivity on the job.

About one-third of 1,062 employees surveyed by Desjardins Financial Security said they are more stressed than a year ago, with economic worries being the main cause.

Another 30 per cent confessed they were suffering from tension-related symptoms such as anxiety, headaches and a lack of sleep.

Workers are fearful the recession will last longer than economists have predicted, with 47 per cent believing the downturn will extend well into next year.

Many employees are logging longer hours at the office, but productivity is suffering as recession-weary workers buckle under the stress, said Michele Nowski, director of disability claims and disability management with Desjardins, which specializes in insurance and retire-

"Productivity can have a significant impact on an organization's bottom line."

Michele Nowski,
Desjardins disability claims director

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and while the employee may not necessarily be absent from work, they may not be present 100 per cent," Nowski said.

The survey noted mental health issues are now the fastest growing reason for days lost in the workplace. Health officials became alarmed when stories about marital strife, substance abuse and a rise in depression increased as the economy worsened in the U.S., said Taylor Alexander, chief executive of the Canadian Mental Health Association's national office.

"People think the future looks pretty grim and they are worried that things may not turn around," he said.

ment savings products. "Productivity can have a significant impact on an organization's bottom line

REUTERS

Canada, EU come to 'open skies' agreement

AVIATION Canada and the European Union signed an "open skies" pact yesterday under which airlines from the two trading partners will be able to fly freely between any airport in the 27-country EU and any in Canada.

"This will generate major benefits for consumers and airlines ... and will make the EU-Canada aviation market one of the most open in the world," European Commission President Jose Manuel Barroso told a news conference.

The deal will replace an existing patchwork of bilateral agreements between Canada and European states, which include restrictions on routes, prices and the number of weekly flights.

The agreement will also ease restrictions on control and ownership of airlines and follows a similar pact between the European Union and the United States in March last year. The deal came at the start of talks on a trade pact worth an additional \$27 billion US each year to the combined economies of Canada and the EU, suffering from weakening trade amid the financial crisis.

"We were trying to reach this agreement somewhere from the 1970s," Prime Minister Stephen Harper said.

REUTERS

Flu strain may have mutated: Report

ILLNESS A second strain of influenza, one of the seasonal strains, may have mutated and may be complicating the picture in Mexico, Canadian researchers reported yesterday.

They have found a strain of the H3N2 virus that appears to have made a shift and could have complicated the flu picture in Mexico, epicentre of an outbreak of a new strain of influenza A (H1N1), also known as swine flu.

One was seen in a traveller returning from Mexico, the team at the British Columbia Centre for Disease Control reported to Pro-MED, an online forum for infectious disease experts. And it may have been involved in an unusually late outbreak of flu in long-term care facilities this year.

The swine flu virus has killed at least 42 people in Mexico and two in the United States, has spread globally and brought the

Quarantine lifted

• China appears to have lifted the flu quarantine on a group of Canadian students but the federal government said yesterday it would demand an explanation of why they had been confined.

world to the brink of a pandemic. It appears to act like seasonal flu but doctors have been confused because it has also killed some young and apparently healthy adults — not the usual pattern for influenza, which picks off the elderly, chronically ill and very young.

Danuta Skowronski and colleagues said they routinely sequence the hemagglutinin gene from a sample of influenza viruses submitted each season by community doctors, hospitals and care facilities across British Columbia.

REUTERS

PM chides Russia over expulsions

DIPLOMACY Prime Minister Stephen Harper has lambasted Russia for expelling two Canadian diplomats, saying it puts further strain on Canada's relationship with Moscow. "It's not a cold war but it's not the ideal relationship either. We would like the Russians to behave in a more acceptable manner," Harper said yesterday.

Last week's expulsion was tit-for-tat for NATO's expulsion of two Russian envoys from Brussels over allegations of espionage, Moscow has said.

TORSTAR NEWS SERVICE

Edmonton Boot camp for teens



Const. Jason Lefebvre leads students, from left, Dean McNeil, 16, Erin Bolton, 18, and Chase Dood, 17, through an early morning boot camp yesterday at McNally High School in Edmonton. The boot camp is part of a program to give youth an alternative to paying a fine for offences like drug use and possession, shoplifting or fighting.

CANDICE WARD/ICM PHOTO CANADA

Bank of Canada sees no need for radical moves

The Bank of Canada believes unconventional policy is not needed to boost the economy, governor Mark Carney said yesterday. **REUTERS**

canada 7

Dark mood in town where girl vanished

Sympathy for Victoria Stafford's family waning

After Victoria Stafford, known as Tori, disappeared from Woodstock, Ont., on April 8, residents posted thousands of posters showing Tori's smiling face.

Four weeks later, the posters are still there, but anger has replaced fear and gossip has taken over from populist efforts to find Tori.

Marcel Fitzmaurice, a former neighbour of Tori's family, went berserk with worry the day it happened. He and his wife, Brenda, searched and put up posters. They still hope to find Tori but say the negativity is overwhelming.

"I think everyone's first reaction was: Oh my God, somebody has come into town and abducted a little girl," said Fitzmaurice. But when police stressed Tori went with someone she knew that changed how people felt, he added. "The longer it goes on, it starts to become a part of life and

"The focus has been totally lost now."

Christine Ebel

we accept it," he said. "But there are too many questions."

In small towns, where everyone knows everyone's business, cruel speculative stories about Tori's mother, Tara McDonald, being blackmailed for a drug debt began flying within days after Tori disappeared.

McDonald had heard the rumours, too, and she publicly challenged them, saying she was not in any trouble and is not a drug user. But sympathy for the family, especially for McDonald, has eroded.

Christine Ebel, who runs Daisy Fresh Drycleaners in downtown Woodstock, says McDonald's attitude hasn't helped. "She's turned this into a media circus for herself," said Ebel. "Few people are talk-

ing about Tori and everything about Tara (McDonald). The focus has been totally lost now," she said.

McDonald holds a press conference every day at 1 p.m., except for weekends, on her front lawn. While that has kept the story in the news, it has also triggered ugly chatter about her choice of clothes, the immaculate makeup and lack of emotion.

Yesterday at the daily press conference, Rodney Stafford, Tori's father, said unanswered questions about his daughter's whereabouts stream through his head "all day, every day." McDonald said she was frustrated the police investigation has yielded few leads.

Meanwhile, Stafford knows small towns can be big-hearted, and alternately pitiless. "I'm very grateful to everyone who has helped look for Tori. I have no complaints."

TORSTAR NEWS SERVICE

Relax rules on deporting nannies, report says

RESIDENTS Nannies who quit their jobs because they are mistreated should be given more time to meet requirements to become permanent residents of Canada before being deported, says a new report.

"No one should feel that they have to tolerate mistreatment in the short term for the long-term gain of permanent residency," said a report from the parliamentary foreign affairs committee on non-status and temporary foreign workers tabled in the Commons yesterday.

The report offers dozens of recommenda-

Residency rules

- Nannies must complete 24 months of work before they can apply for permanent residency in Canada.
- If they don't meet that within three years they are

sent to their country of origin unless they are granted refugee status on humanitarian and compassionate grounds, which the report notes is rare.

tions to improve the temporary foreign worker programs many businesses rely on as a quick solution to labour shortages.

The recommendations include getting rid of a rule tying work permits to a specific employer, which advocates have long complained leaves workers vulnerable to ex-

ploitation, and greater protection to workers from unscrupulous recruitment agencies and bosses.

A spokesperson for Immigration Minister Jason Kenney said he suspected many of the suggestions would eventually become law.

TORSTAR NEWS SERVICE

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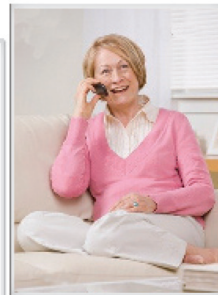
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A Libyan jailed in Scotland for his role in the 1988 Lockerbie bombing will not be repatriated from unless the man drops an appeal against his conviction, Scottish officials said. Abdel Basset Ali al-Megrahi, who is terminally ill with cancer, is the only person convicted of the 1988 airplane bombing. **METRO NEWS SERVICES**

World



U.K.'s G.I. Joes back in action

With their swivelling eyes, gripping rubber hands and lifelike features, Action Man toy soldiers, the British equivalent of G.I. Joe, were the pride and joy of British boys for decades. Production stopped in the 1990s, but the British Ministry of Defence has recently unveiled its own version of the action figures, the HM Armed Forces dolls. **REUTERS**

Maoists clash with police after Nepal's PM resigns

KATHMANDU About 1,000 stone-throwing Maoist protesters clashed with police in Nepal yesterday as political parties struggled to form a new government.

Major parties tried to woo the former rebels for a new government after their leader, Prachanda, quit as prime minister on Monday because Nepal's president had stopped him from removing the na-

tion's army chief.

Prachanda, who heads the Maoist party, said his group would not be part of any new government until the army chief was fired.

The Maoists, who hold nearly 40 per cent of the seats in parliament and retain popular support, could make governing difficult for a new coalition if they are not included. **REUTERS**

Australia Best job in the world



The winner of The Best Job in the World competition, Ben Southall of Britain, right, sits on a mermaid statue yesterday. Southall beat 15 other finalists in the tourism promotion competition, winning \$110,000 US and the role of "Island Caretaker" on the Great Barrier Reef for six months. **TOURISM QUEENSLAND / REUTERS**

Clinton regrets Afghan deaths

The United States offered its regrets yesterday for the deaths of Afghan civilians as it brought together the presidents of Afghanistan and Pakistan to get them to co-operate against the Taliban.

The Red Cross said dozens of Afghans died after U.S.-led airstrikes in Farah province this week while local officials said more than 100 civilians may have been killed, a figure which if confirmed would make it among the deadliest days for Afghan civilians since the fall of the Taliban in 2001.

U.S. President Barack Obama was to meet Pakistan's Asif Ali Zardari and

Afghanistan's Hamid Karzai at the White House yesterday amid U.S. doubts about both men's commitment and capability to tackle Taliban militants.

While the talks aim to boost co-operation between Afghanistan and Pakistan, they have been overshadowed by U.S. concerns about Pakistan's stability and by civilian deaths in Afghanistan. Civilian casualties caused by U.S. operations in both countries have made it harder for them to work with the U.S.

"We deeply, deeply regret that loss," U.S. Secretary of State Hillary Clinton said at a meeting with Karzai and Zardari. **REUTERS**

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Flu Outbreak: WHO says infected pork not safe for consumption

• Meat from pigs infected with the influenza A (H1N1) virus, also known as swine flu, should not be eaten by humans, the World Health Organization said yesterday. Other groups have said the flu is

not food-borne, but the WHO stated it was possible for the viruses to survive freezing and remain in thawed meat.

• The Canadian Food Inspection Agency said yesterday pigs that have been

infected with the virus would be allowed to enter the human food supply once the animals had recovered.

• Mexico stirred back to normal life after a five-day shutdown of businesses

due to the virus. Traffic and pedestrians again clogged the streets, even as the confirmed death toll there jumped to 42.

• Sweden and Poland joined the list of countries affected. **REUTERS**

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U.S. woman gives birth in Peru prison

A U.S. citizen serving a 20-year sentence in Peru for aiding leftist guerrillas, has given birth to a baby boy. The baby's father is a former member of the radical Tupac Amaru Revolutionary Movement and is now a lawyer in Lima. **REUTERS**

News in brief

CLIMATE-CHANGE The Obama administration is unfair to the ethanol industry with its proposals on greenhouse gas reduction, the House Agriculture Committee chairman said yesterday, adding he will not support any climate-change bills.

GEORGIA Police and protesters clashed in Georgia yesterday during a month-long opposition campaign to oust President Mikheil Saakashvili, stoking fears of unrest after a failed military mutiny. Police accused protesters of trying to storm their base, and television pictures showed police and demonstrators trading blows with batons and sticks across a metal gate dividing them.

GAY MARRIAGE Maine's governor signed a bill yesterday legalizing same-sex marriage, clearing the way for the Northeastern U.S. state to become the fifth in the country to do so, five years after Massachusetts became the first to allow gay people to marry. But the law could be delayed or even voided by a possible statewide referendum if opponents to the bill gather enough support in coming weeks.

REUTERS

U.S. gets help in terror fight

Pakistani, Afghan leaders pledge to work with U.S. against al Qaida

President Barack Obama won a fresh promise from the leaders of Pakistan and Afghanistan yesterday to work together to defeat al Qaida, and vowed he would make "every effort" to avoid civilian deaths.

Afghanistan's

Hamid Karzai and Pakistan's Asif Ali Zardari came to Washington after heavy criticism of their efforts to combat a Taliban resurgence in their countries.

After their talks Obama said both men "fully appreciate the seriousness of the threat" posed by al Qaida and their allies.

Despite the warm words, the deaths of dozens of Afghan civilians this week,

possibly in U.S.-led air strikes, cast a shadow on the talks.

"Pakistani democracy will deliver, the terrorists will be defeated by our joint struggle," Zardari said. "Me, my friend President Karzai and the United States ... will stand shoulder to shoulder with the world to fight this cancer and this threat."

"Me, my friend President Karzai and the United States ... will stand shoulder to shoulder with the world to fight this cancer and this threat."

Pakistan President Asif Ali Zardari

Karzai and Zardari in the past, questioning their commitment and capability to tackle the threat from al Qaida and the Taliban.

REUTERS

Maraba Massive flooding



People stand outside their homes on streets flooded by the Tocantins river in Maraba, north of Brazil yesterday. According to Brazilian authorities, floods and mudslides from months of heavy rains in northern Brazil have driven more than 186,000 from their homes and killed at least 19 people.

FBI gets flak for terrorism watch list

WASHINGTON The FBI has been slow to update a U.S. government watch list for terrorism suspects, failing to add some names while taking too long to remove others, investigators said yesterday.

Suspected terrorists or

people believed to have links to terrorism are included on the list, which is used by a wide range of government agencies in security screening, including checks on those entering the U.S.

REUTERS

Vatican ends silence on Angels & Demons

VATICAN CITY The success of books and films like The Da Vinci Code and Angels & Demons should make the Catholic Church rethink the way it uses the media to present itself, the Vatican newspaper said yesterday.

The newspaper, L'Osservatore Romano, ran two editorials on Monday's premiere of Angels & Demons in Rome, ending an official institutional silence on the film. The editorials neither panned nor praised the film but rather offered up a mix of positive and negative comments.

"It would probably be an exaggeration to consider the books of Dan Brown an alarm bell but maybe they should be a stimulus to rethink and refresh the way the Church uses the media to explain its positions on today's burning issues," said one of the editorials.

REUTERS

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of a medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. **VOLUNTEERS MUST BE EMPLOYED AND NOT RECEIVED VENLAFAXINE OR EFFEXOR (XR) IN THE PAST YEAR.** Treatment duration is approximately 12 weeks and includes a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.



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	YES	NO
I am feeling sad and depressed.	■	■
I am having difficulty sleeping.	■	■
I am feeling low in energy and slowed down.	■	■
My appetite has changed.	■	■
I am experiencing feelings of guilt.	■	■
I have lost interest in work and pleasurable activities.	■	■
I feel hopeless about the future.	■	■
I feel tense and anxious.	■	■
I am having difficulty making decisions.	■	■
I am having trouble concentrating.	■	■

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Comment & Views

Comment

Love's irrational yearning

Relating

Andrea Woo



metronews.ca/woo

When Megan McAllister initially chose to stand by her fiancé, Philip Markoff, many questioned why, given the charges he faces, she would defend him.

Markoff was linked to the catchy but unenviable nickname of "the Craigslist Killer" after allegedly trolling the erotic services section of the site for victims, luring them to hotel rooms, binding their hands with plastic cuffs and robbing them at gunpoint.

He is accused of killing

"It is a self-defence mechanism, no doubt — one intended to keep a person from emotional obliteration — but yields more productive results after it fades."

New York masseuse Julissa Brisman in a Boston hotel room after she resisted.

McAllister, it appears, did what many do after a relationship takes a traumatic turn and went spiralling into a pit of momentary lunacy, in which reason and logic are overpowered by an irrational yearning to return to a reality that no longer exists.

When Markoff was charged with murder, for example, the 25-year-old told the Boston Herald: "I will stand by Philip as I know he is innocent. I love him now and always will."

When police suspected a connection between the murder and two other rob-

beries from hotel rooms in Boston and Rhode Island, McAllister told the Herald he was "intelligent, loyal and the best fiancé a woman could ask for."

Their wedding was called off, but there was clearly no shortage of praise.

Then it was revealed Markoff hid 16 pairs of underwear under the bed they shared — mementos, police said, from the victims. Those were found along with a gun, believed to be the one used to kill Brisman, and about 60 pairs of flex-cuff restraints.

The gushing statements dwindled.

A strange thing happens

On the web

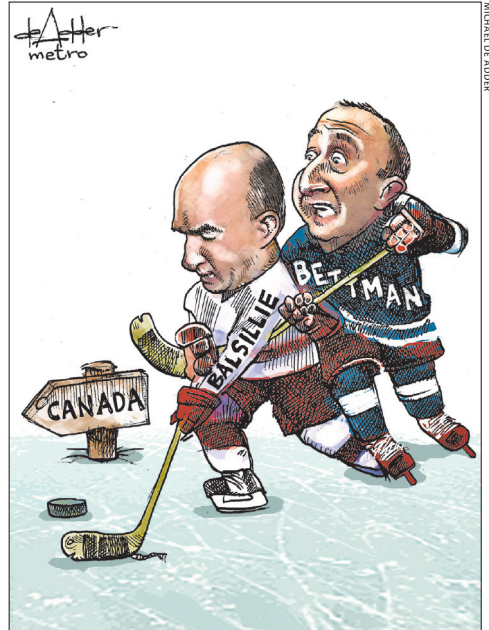
For more views on relating, go to Love Bytes at metronews.ca/blogs

to a mind when it is jolted awake from a long slumber of lies. For some frenzied period, it can render a person blind to scathing truth.

It is a self-defence mechanism, no doubt — one intended to keep a person from emotional obliteration — but yields more productive results after it fades and gives way to sound reasoning and common sense.

Two weeks after Markoff was charged with murder, McAllister's lawyer Robert Honecker Jr. announced that she is "moving on with her life," sans Markoff.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.



Worth mentioning

Climate deal needs billions: UN

ENVIRONMENT The world will fail to agree to control emissions of global warming pollution this year in Copenhagen unless rich countries fund billions of dollars in annual climate aid to poor nations, a UN adviser said.

"If there's no money on the table, no agreement," Jeffrey Sachs, an adviser to UN Secretary-General Ban Ki-moon and head of Columbia University's Earth Institute, told reporters yesterday.

Nearly 200 countries are set to meet

in Copenhagen in December to reach a successor to the Kyoto Protocol, which runs out in 2012.

Sachs said rich countries need to come up with tens of billions of dollars per year in aid. This would help developing countries mitigate greenhouse gas pollution and adapt to consequences of global warming like more droughts, flooding, and heat waves predicted by the UN's climate science panel.

REUTERS



Views

Offering shelter from a violent storm



Beverley Wybrow

Violence against women remains a critical issue in Canada: It affects not only the safety, potential and equality of women across Canada, but also children and young people.

Though domestic homicides have declined by half over the last 30 years, there are still one to two women murdered every week, and that is only the tip of the iceberg: Every year in Canada, more than 100,000 women and children seek refuge in a shelter, at least one in five teens in Canada experience dating violence and up to 360,000 children in Canada witness violence in their home.

So what is the answer to

ending violence against women in Canada? At the Canadian Women's Foundation, we believe the answer is twofold: We must provide short- and long-term support to women and children who have already experienced abuse, so they can heal and rebuild their lives; and we must prevent it from happening in the first place by changing the attitudes and beliefs that lead to abusive behaviour.

The Canadian Women's Foundation funds initiatives in shelters and community organizations across Canada that work along the full continuum of ending violence against women: This includes teaching young people about healthy relationships, personal boundaries and mutual respect; providing shelter to women fleeing abuse; counselling children who have wit-

How you can help

- Donate online at shelterfromthestorm.ca or in-person at any Winners, HomeSense or BMO Bank of Montreal branch.
- Purchase a limited-edition Shelter from the Storm T-shirt (\$12.99), teddy bear (\$12.99) or reusable tote with lunch bag (\$4.99) at Winners or HomeSense. Net proceeds

will be donated to the campaign.

- "Shop 'til it Stops" today: A percentage of every purchase made at Winners and HomeSense today will be donated to Shelter from the Storm.
- Listen to the Shelter from the Storm radio-athon today between 6 a.m. and 6 p.m. on participating radio stations.

nessed abuse to help them heal from the experience and prevent them from becoming victims or abusers themselves; and rebuilding the lives of women and their children after they have experienced violence.

What can you do to help? Support Shelter from the Storm, Canada's largest national campaign dedicated to ending violence against women.

Funds raised will support more than 450 shelters for abused women across Canada, long-term support services that help women and children rebuild their lives after abuse, and violence prevention programs that are breaking the cycle of abuse.

Beverley Wybrow is the president and CEO of the Canadian Women's Foundation, which is dedicated to improving the lives of women and girls in Canada. For more, visit canadianwomen.org.

Metro Online Poll Results

51% SAID YES

Should Ottawa retaliate against the EU seal product ban?

Weigh in on today's question at metronews.ca

49% SAID NO

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Bill unveiled to reverse U.S. online gambling ban

Legislation aimed at reversing a three-year-old ban on Americans placing online bets was introduced yesterday by U.S. House Financial Services Committee chairman Barney Frank. The act would establish a federal regulatory and enforcement framework for online gaming. **REUTERS**



Business

DOLLAR			OIL		TSX	
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	US\$	\$1.1658		\$2.50		262.71
0.75¢						

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

TSX passes 10,000 mark

Optimism boosts index 2.7% to highest close since November

Toronto's main stock index shot past 10,000 points to its highest close in six months yesterday as resource and financial issues led a rally fuelled by optimism that the global economy is stabilizing.

Aiding the sentiment was stronger-than-expected economic data from Canada and the United States, particularly a private-sector U.S. employment report that showed job losses slowed dramatically last month.

The S&P/TSX composite index finished up 262.71 points, or 2.7 per cent, at 10,143.43.

Seven of the index's 10 main sectors rose. The energy and materials groups

climbed 4.8 per cent and 2.9 per cent respectively, while the financial group gained 3.1 per cent.

Those sectors make up nearly three-quarters of the index's weighting, and helped push the market to its highest intraday level

"It's very important because investors use nice round numbers like 10,000 as benchmarks on where the market is."

Kate Warne, strategist

since Nov. 5, and its highest close since Nov. 4.

"I think, psychologically, it's very important because investors use nice round numbers like 10,000 as benchmarks on where the market is," said Kate Warne, Canadian market strategist at Edward Jones.

However, Warne and other market watchers are wary of calling the end of the market downturn.

REUTERS

Building, purchasing data beat expectations

REPORTS Canadian building permit and purchasing managers data came in much stronger than expected yesterday, boosting the currency and hopes

the country's economic slide could be slowing.

A report showed the value of building permits surged by 23.5 per cent in March from February after

five months of declines.

It was the largest month-on-month increase since the 28.7 per cent gain recorded in March 2007.

Another sign the econo-

my is improving was the release of the Ivey Purchasing Managers Index, which rose to 53.7 in April from 43.2 in March.

REUTERS

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Business in brief

STEEL Ottawa, unhappy with Ontario plant shutdowns, bluntly told U.S. Steel Corp. yesterday to stick to the com-

mitments it made when it bought Stelco Inc. in 2007 or run the risk of having the deal unwound. **REUTERS**

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Sports



Howard headlines All-D team

Dwight Howard, the reigning NBA Defensive Player of the Year, and NBA MVP LeBron James of Cleveland highlight the 2008-09 NBA All-Defensive Team announced yesterday. Rounding out the team are Kobe Bryant, Chris Paul and Kevin Garnett. Howard's Magic were in action against Boston in Game 2 of their playoff series last night. For a recap, visit metronews.ca/sports. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONews.CA

Pens get one back

Balsillie vs. Bettman, again

Stanley Cup 2009 Playoffs

Kris Letang's goal with 8:37 left in overtime lifted the Pittsburgh Penguins to a 3-2 win over the Washington Capitals in Game 3 of their Eastern Conference semifinal series at Mellon Arena in Pittsburgh last night.

Sidney Crosby won a right-circle draw back to Mark Eaton, who dished to Letang for a rocket one-timer at the point. The shot deflected off the inside of the leg of Caps defenceman Shaone Morrisonn, changed direction, and hit the net on the short side.

Letang also contributed a helper for the Penguins, who cut their deficit to 2-1 and have a chance to even the best-of-seven matchup at home Friday.

Ruslan Fedotenko and Evgeni Malkin lit the lamp,



Brian Pothier of the Capitals collides with Pittsburgh goaltender Marc-Andre Fleury last night.

and Marc-Andre Fleury needed just 21 saves for the victory.

Alex Ovechkin picked up a goal and one assist while Nicklas Backstrom also scored for the Capitals, who had opened the series with a pair of positive decisions in America's capital. Simeon Varlamov took the loss after allowing three goals on 42 shots.

METRO NEWS SERVICES

Canes win in OT Hurricanes 3 Bruins 2

Jussi Jokinen scored for Carolina 2:48 into overtime to give the Hurricanes a 3-2 victory over the Boston Bruins in their Eastern Conference semifinal series last night in Raleigh. Carolina now leads the East's top-seed Bruins 2 games to 1.

METRO NEWS SERVICES

Sports in brief

SOCCER Andres Iniesta's injury-time equalizer gave Barcelona a 1-1 draw against Chelsea yesterday and a spot in the Champions League final. Barcelona goes through to meet defending champion Manchester United in Rome on May 27.

NHL Anaheim Ducks defenceman James Wisniewski will remain in hospital for a second night after getting hit in the chest by a puck, but is expected to be released today. Wisniewski was hit by Pavel Datsyuk's slapshot during Tuesday's game against Detroit.

BOXING Former boxing champion Dave Hilton Jr. was freed on bail yesterday in Quebec after being arrested on charges of assaulting his girlfriend. In 2001, Hilton was sentenced to seven years in jail for sexually abusing his daughters.

METRO NEWS SERVICES



"I have even (mentioned) to a couple of owners I think southern Ontario is ripe to support more than one NHL team"

Stephen Harper

what we did in Pittsburgh and Ottawa and Buffalo.

"We fix the problems we don't run out on cities."

It marks the third time Balsillie and Bettman have clashed over the Research in Motion (RIM) chief's efforts to acquire an NHL franchise. Balsillie has made attempts to purchase the Pittsburgh Penguins then the Nashville Predators, but saw the deal scuttled when it became clear he planned to move the Predators to Hamilton and Phoenix.

"We generally avoid relocating a franchise unless you absolutely have to. When a franchise is in trouble, you try to fix the problems. That's

chise he didn't own, interaction he's had with a variety of our owners, I don't know whether or not he could get approved (for NHL ownership)," said Bettman.

"This is not about whether or not we want a franchise in Southern Ontario."

"This is about the league rules."

The Phoenix Coyotes filed for Chapter 11 bankruptcy protection in federal bankruptcy court in Arizona Tuesday.

The bankruptcy filing included a proposed sale of the franchise to Balsillie leading Bettman to speculate that Coyotes owner Jerry Moyes and the BlackBerry chief were attempting to get around NHL rules.

REUTERS



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Mother's Day GIFT GUIDE

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#4 For a good cause
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#5 Summer fashion
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#6 Bright and cheery
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14 mother's day gift guide



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Gifts for the tech-savvy mother



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Kodak Zx1 Pocket Video camera, \$179.99, at The Source by Circuit City.

#2 Customize your music

Visit: ZuneOriginals.ca
Zune Originals, \$249.99 (120GB). Designers include APAK and Carolina Melis.

#3 Stay in touch

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Tips to make a single mom's day special

A single mom does the job of two parents — and yet when Mother's Day comes along, there's no partner to nudge the kids into acknowledging her efforts.

"If you're the parent, friend, or sibling of a single mom, you can help make her day special," says Jennifer Kinnon of Hall-

mark Canada. "Even the smallest gesture will be a big surprise, and one that she'll remember fondly."

Here are some ideas:
• Pick up a card from the kids to their mom. Cards are a wonderful and affordable way to show mom how much she is loved.
• Bring her a casserole she

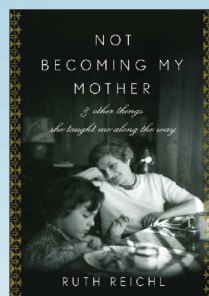
can throw in the oven after a long day, take her out to brunch, or have a Mother's Day meal at your house.

• Sit down with the kids and help them create something special, such as a coupon book full of chores they can do.
• If the kids are young, they may appreciate your

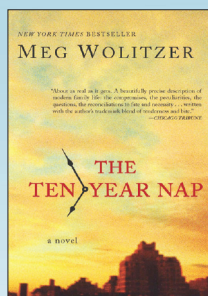
help in arranging a day at the spa or a subscription to mom's favourite magazine.

• Give the single mom what she craves most: Time to herself. It's so rare and so cherished. Volunteer to babysit while she rewards herself for a job well done. She deserves it.

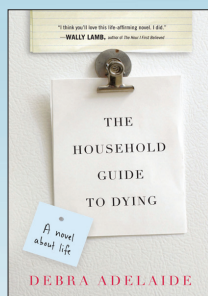
NEWS CANADA



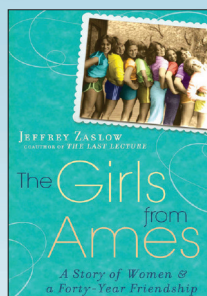
"A masterful portrait of a mother-daughter relationship that will resonate with readers across generations."
—Publishers Weekly



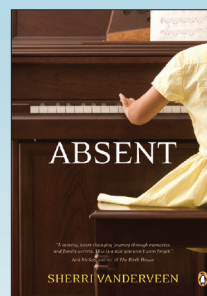
"The ultimate peril is motherhood, loving someone more than you love yourself. Meg Wolitzer nails it with tenderness and wit."
—O, The Oprah Magazine



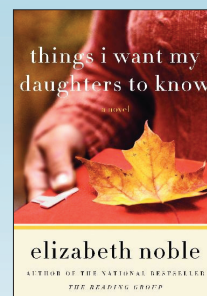
"I think you'll love this life-affirming novel. I did."
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Perfect Reads for Mom



penguin.ca

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mother's day gift guide **15**

Spoil her with these must-haves

JANINE FALCON
for Metro Canada

This year, Mom has probably cut back on some of her must-haves, so Mother's Day is a good time to help out with love, yes?

Go luxe with a fancy lipstick such as **Guerlain's Rouge Jewel Lipstick** (\$48, Guerlain counters). Or maybe restock Mom's skin care — **Dermalogica Daily Microfoliant** (\$70), a gentle exfoliating powder and beauty-editor fave, is on a lot of better-budget-times wishlists. Or go natural with **Consonant Body Organic** soaps, body washes or lotions (from \$12, consonant-body.com).

Beauty kits make great gift cents these days. An **H2O+ Sea Salt Gift Set** brings the beach to the bathroom with Sea Salt body wash, foaming body polish and more (\$30, h2oplus.com). **CARGO's 7 in 7 kit** contains everything Mom needs to be gorgeous in seven minutes, from concealer/foundation to lash treatment to gloss (\$59, Sephora). For

new mothers, **Mama Mio's You're Amazing! New Mama Kit** includes a rich body cream, relaxing-scent candle and a wee temperature-regulating snuggle cap for baby (\$51, The Bay).

Help Mom become her own best makeup artist. **Physicians Formula Shimmer Strips** eye shadow palettes for blue, green, hazel and brown eyes come with how-tos for three looks from natural to dramatic (\$15.79, drugstores); the **Smashbox Beauty Guru palette** has blush, bronzer, four eye shadows and four lip colours, plus application instructions (\$54, Sephora).

Perfume is always a luxurious gift. Earth-friendly **Demetter Vintage Naturals** include Rosebush, Mimosa and Geranium scents and are made with natural essential oils and corn-based alcohol (\$68 each, Sephora). **Elizabeth Arden Pretty** is a youthful floral with fruity topnotes and a warm amber finish (\$63, department stores).

light, sophisticated odes to warm-weather fun (\$80 each, Holt Renfrew).

Book Mom in for a **Kérastase salon treatment**, which involves a hair consultation, pro-administered shampoo, conditioner, texture-specific boosting treatment, and a bliss-out head massage. New this year is Volumorphose, designed to add body to fine hair, and Oléo Relax Slim, which puts a lock on thick, dry, disobedient hair (about \$35; call 1-866-KERASTASE for salons).

Mom's tired hands and feet could use some TLC. "Reflexology is pressure-point massage on feet and hands which also releases body tension and stiffness," says Rose Husen, RMT and reflexologist at Concepts Salon & Spa (pricing varies between spas or independent therapists, but generally starts at about \$45 for 30 minutes).

Clockwise, from top: Marc Jacobs Summer Splashes, \$80 each; Dermalogica Daily Microfoliant, \$70; H2O+ Sea Salt Gift Set, \$30; CARGO's 7 in 7 kit, \$59; Guerlain's Rouge Jewel Lipstick, \$48; and Consonant Body Organic soaps, from \$12.



Smashbox Beauty Guru palette, \$54, and Elizabeth Arden Pretty, \$63, left.

3 beauty products not to be missed

1 Ole Henriksen 3 Little Wonders Set, \$70 at Sephora.

2 Philosophy's Classic Fudge Cake Shower Gel, \$21 at Sephora.

3 Foot Beauty Treatment Cream by Clarins, \$37/125mL at all Clarins counters.



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16 mother's day gift guide



These Ecco Casual Cool Hydromax Golf Shoes are available at Golf Town for \$210. For more, go to eccocanada.com or golftown.com. **METRO NEWS SERVICES**

Treats for the outdoor lover



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Gardener's Hand & Heal Balm, by Green Beaver. Great for elbows and knees.

#2

Edible planter

Visit: loblawstores.ca
Edible planter, \$19.99 at Loblaw's stores. Comes in three varieties.

#3

For the golf lover

Visit: walmart.ca
Wilson Hope Golf Set with lightweight graphite shafts, \$220 at Walmart.

#4

For the gardener

Visit: walmart.ca
50' coil hose with multi-patterned nozzle, \$19.97. Comes in green and pink.

#5

Flower power

Visit: hallmark.ca
Terracotta flowerpot with gardening theme, \$10.95 at Hallmark.

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Organic Surge's body lotion, \$7.99 each, and hand cream, \$4.99 each.

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New home-care products from J.R. Watkins Apothecary

J.R. Watkins Apothecary has gone natural with its new home-care line. Products include their natural citrus tub and tile cleaner, their lemon toilet bowl cleanser and their lavender glass cleaner. See jrwatkins.com for more. **METRO NEWS SERVICES**

Metro Homes

EDITOR: DOUGLAS.DUNLOP@METRONews.CA

Home Library**Building a home, outside**

BOOKS Home Outside by Julie Moir Messervy, \$38, Taunton, hardcover, 249 pages.

Love the thought of an outdoor room but not quite sure where to start? Using her six-step process, Messervy introduces readers to the same basic ideas used to plan an interior; for example, coming up with a layout that flows, paying attention to detail, and creating focal points and different zones that take into account how you want to use your space. This will inspire the inner designer in you.

—JENN HOULIHAN

**Home Library****Martha's craft encyclopedia**

BOOKS Martha Stewart's Encyclopedia of Crafts, \$40, Potter Craft, hardcover, 416 pages.

From the doyenne of découpage comes the ultimate how-to reference for those who love crafts. It covers beading, silkscreening, candle making, origami, paper folding and much more. You'll also find colour photos and more than 200 projects from Martha Stewart Living.

—JENN HOULIHAN



Bar basics

glassware

- Martini (for its namesake and other fruity concoctions)
- Highball (for mixed drinks, sodas or beer)
- Tumbler (for single-spirit drinks served on the rocks)
- Wine (narrow bowl for white and wider for red)

accessories

- Jiggers
- Cocktail shaker and strainer
- Stirrers
- Corkscrew and bottle opener
- Zester
- Muddler (mojitos, anyone?)
- Ice bucket and tongs
- Small knife and cutting board (for fruit)
- Manual juicer
- Blender (to make drinks worthy of

paper umbrellas)

- Napkins and a few tea towels (to mop up spills)

alcohol

- Vodka (the base for many mixed drinks)
- Gin (it was good enough for the Queen Mum!)
- White rum
- Tequila
- Red and white wine
- Champagne (who needs an occasion to celebrate?)
- Beer

mixers

- Tonic and soda water
 - Cola
 - Ginger ale
 - Juices (orange, pomegranate, grapefruit, cranberry, Clamato)
- garnishes**
- Olives
 - Cherries
 - Celery
 - Mint leaves
 - Sugar (for rimming)
 - Lemons and limes

Serve up swanky drinks at your next soirée with a well-stocked bar. But, please, no juggling à la Tom Cruise in Cocktail on your first go!

—Produced by Jenn Houlihan

Remember, if you serve guests alcohol, you're responsible for them even after they leave. Always have designated drivers, and if anyone overindulges, offer the pullout or call a cab.

Items here include: Cocktail shaker \$25; Felix martini glasses \$10 each; Quadro glass vase (holding leaves) \$33; jigger, tongs, bottle opener, strainer and stand \$60 per set (includes spoon and ice bucket, not shown); Crate and Barrel (crateandbarrel.ca). Kate Spade for Lenox Noel crystal ice bucket (holding fruit) \$208; Alessi stainless steel tray \$151; William Ashley (williamashley.com).

**Decor**

Read more in the June issue of **STYLE AT HOME** magazine.
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styleathome



Feeding is key to bigger blooms

You are what you eat — and that's as true for flowers as it is for people.

Getting the right nutrients to your plants is every bit as important as watering and ensuring that they get the right amount of sun. You can't always control how much sunlight your garden gets, but improving your plant's health is simply a matter making the commitment to feed your garden regularly.

"Our research shows

that gardeners have a wide range of preferences regarding how, and how often, they want to feed their plants," says Syd Pell, gardens specialist at Miracle-Gro. "That's why we've created a wide range of simple-to-use, effective products to ensure that there is an option for every gardener."

Choose the plant food type that is right for your gardening needs.

Plant spikes are a simple solution for indoor plants. Insert a spike into

the soil in your pot and the spike slowly dissolves, feeding your plant for up to two months.

Water-soluble plant foods are a very popular method to feed and water at the same time. Simply mix water-soluble plants food, such as Miracle-Gro Ultra Bloom in your watering can, and then shower your flowers with a nutrient-rich blend of plant food and water. Feed every two weeks for bigger, beautiful blooms.

NEWS CANADA

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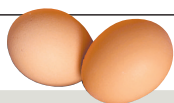
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Choline, a substance found in egg yolks, stimulates brain development and function and has been recognized as an essential nutrient by Health Canada. Two large eggs provide an adult with the recommended daily intake of choline. **METRO NEWS SERVICES**

Food

Look for small- to medium-sized lemons. They have a thinner skin and are juicier than large ones. Choose plump and brightly coloured lemons that are heavy for their size.

BARB HOLLAND/FOR METRO CANADA



Pass on green

Avoid lemons tinted with green as they will be tart with less flavour.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

Lemon sunshine for Mom

À la carte

Barb Holland

metronews.ca/alacarte



Not all desserts have to be rich. Inspire your family and treat mom this Mother's Day with a light, luscious, healthy dessert (no, that's not an oxymoron). This baked lemon pudding is just one recipe from a new booklet from the Egg Farmers of Canada. The other recipes include a Fruit Bliss, Toffee Meringue Kisses, a Vanilla Cream Delight and Heavenly Baked Alaska. More recipes are available at getcracking.ca.

Lemon Pudding Paradise

Lemon is one of my favourite flavours when it comes to desserts — light and refreshing for a per-

fect ending to a meal. This pudding cake (a light cake on top of a lemony custard) can be served warm or cold, so it can be made ahead. Makes 4 servings.

INGREDIENTS:

- 3 eggs, separated
- 1/2 cup (125 ml) sugar
- 1/3 cup (75 ml) all-purpose flour
- Pinch salt
- 2 tsp (10 ml) grated lemon zest
- 1/4 cup (60 ml) fresh lemon juice (2 lemons)
- 1 tbsp (15 ml) butter, melted
- 3/4 cup (175 ml) milk
- Icing sugar, optional

METHOD:

Preheat oven to 350°F (180°C). Butter a 4 cup (1 L) baking dish.

Beat egg whites in a large bowl until stiff but not dry.



Treat your mom with a light lemon pudding — recipe courtesy of the Egg Farmers of Canada.

In a separate bowl, stir together sugar, flour and salt. Whisk in lemon zest, lemon juice, butter, milk and egg yolks. Gently fold whipped whites into lemon mixture. Pour into baking dish. Place baking dish in a shallow pan of hot water so that the water rises 1 inch (2.5 cm) up the sides of the baking dish.

Bake until top is lightly browned, about 30 to 40 minutes. Serve warm or cold.

Serve with a dusting of icing sugar, if desired.

Tips:

- Keep it fresh — eggs should be stored in their original carton. This will protect them and prevent

them from absorbing strong odours from other foods in the refrigerator. Store eggs in the main body of the refrigerator to ensure they are kept at a consistent and cool temperature.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Chile chillin'

I just got back from South America and boy is my palate tired. Two weeks of sniffing and spitting some of the best liquid Chilean and Argentinean wine makers can muster certainly takes its toll.

Of the two countries, Chile offered the most surprises. Long considered an excellent table wine producer many consumers are still unaware of the value that can be had if they just drink past the bulk.

The wines from Santa Rita and Carmen are great examples that over-deliver in the glass. Located next door to each other the sister wineries are two of the Maipo Valley's best. Santa Rita was kind enough to arrange for a short earthquake (a 5.0 on the Richter scale) which, when combined with some classy vino, made for a memorable visit.

Their beef-friendly 2005 Medalla Real Cabernet Sauvignon (\$19.95 - \$25.99) was a standout. Cabernet is Chile's flagship grape and this version is layered with earthy black fruit, ripe tannins and chewy vanilla oak.

For a match with fresh white fish (a Chilean favourite) try Carmen's 2008 Sauvignon Blanc (\$10.90 - \$13.99). Clean, crisp and lightly fruity, it's representative of the modern personality that is becoming the hallmark of Chilean wines.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Local Savour

Pookie's Thai

pookiesthai.com

2280 Carling Ave.

613-321-1733

Lunch menu items start from \$5.50 for Tom Yum soup and go up to \$10.50 for Shrimp Pad Thai

Pookie's has a number of fish and seafood dishes on its dinner menu, including Goong Op Woon, a delicious and healthy shrimp and vermicelli combination, cooked and served in a traditional Thai

Clay pot for \$13.50.

The best dishes are arguably the curries, especially the Geang Kiaw Wan dish, which Pookie's is famous for. The green curry is sweet and rich, made with bamboo shoots, eggplant, pepper and sweet basil for \$12.50. Add sticky rice instead of regular for an additional \$2.

The best part of the restaurant — Pookie actually serves you herself. The restaurant has limited seating, so make sure to call ahead for reservations.

French food made elegantly simple

COOKBOOK Laura

Calder, host of Food Network Canada's French Food at Home, is determined to show that French food can be far easier and lighter than it's reputation as a rich, complicated cuisine. Metro got a hold of this wonderfully simple recipe from her book French Taste (HarperCollins Canada) that delights the eyes as much as the palate.

(Taken from French Taste © 2009 by Laura Calder. Published by HarperCollins Publishers Ltd. All rights reserved.)

Accordion Potatoes

A woman I once cooked with in the south of France taught me this method for potatoes, and I still love to make them when I'm in the mood for a little fun. All you do is slice potatoes, without cutting through all the way, so that the slices remain hinged at the bottom. When the potatoes bake, the slices get crisp and golden, fanning out slightly like leaves in a book, like a jewelry box for



Accordion Potatoes from French Taste by Laura Calder.

rings, like the folds of a gypsy's accordion ... However you want to think of them, they're awfully cute. Makes 4 servings.

INGREDIENTS:

- 2 pounds (900 g) medium-small potatoes, such as Yukon Gold or red potatoes
- Bay leaves and thyme sprigs
- Salt and pepper
- 2 tablespoons (30 ml) olive oil
- 2 tablespoons (30 ml) melted butter

METHOD:

Heat the oven to 375°F (190°C). Cut the potatoes crosswise, as for hard-cooked eggs, into slices no thicker than your finger, but cut only about three-quarters of the way through.

Lay the herbs between a few of the folds. Arrange the potatoes on a baking sheet, and season with salt and pepper. Drizzle with oil and melted butter, and bake until golden and crisp on the outside and soft inside, 45 minutes to an hour.

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Style

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EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



A starring turn

Jill Hennessy enjoys the Lymelife in her first silver-screen breakout role

By LAURA DECARUFEL
Senior Editor

Wearing ripped jeans and an Indigo Girls T-shirt, Jill Hennessy used to sit outside Toronto's Bathurst subway station with her guitar and a honey jar half-filled with loose change. "I did a lot of Tracy Chapman, Bob Dylan and Bruce Springsteen," she remembers with a laugh. "I didn't

think that acting was going to pan out, to be honest. I'd think 'Who's gonna hire me?'"

Twenty years later, the answer is as clear as the steely-eyed gaze Hennessy adopted to such effect in her most popular TV roles: Claire Kincaid, the assistant DA, on *Law & Order*, and Dr. Jordan Cavanaugh, a medical examiner with a talent for crime-solving, on *Crossing Jordan*.

Hennessy's latest star turn is in *Lymelife*, a movie about adultery, teenage angst and (yes) Lyme disease set in 1970s Long Island. Helmed by

first-time director Derick Martini, it boasts an A-list pedigree: actors Alec Baldwin, Cynthia Nixon, Timothy Hutton, Emma Roberts and Kieran and Rory Culkin and executive producer Martin Scorsese.

"It was a huge responsibility and also a joy," she says of her role as the family matriarch. "Kieran and Rory [who play her sons] remind me of my family—I felt like I'd known them for ages." Her husband is played by Alec Baldwin, whom Hennessy calls "one of the funniest people alive." Read more in the May issue of ELLE Canada!

Editors' Pick

CRIMSON TIDE

A lipstick touch-up feels like a covert op with Rouge G de Guerlain. Designed by jeweller Lorenz Bäumer — whom Louis Vuitton also tapped to create baubles for its fall 2009 collection — the sleek *objet* hides a mirrored compact, and the formula boasts ruby powder and wild mango butter for amped-up shine and hydration.



Guerlain
Rouge G de
Guerlain in
Grenade (\$48)



SEXY NATURAL

High heeling mixes leather, wood and cork



Leather and
wood (\$150,
at Aldo)

PVC, Chinese Laundry
(\$90, 514-272-1919)



PVC,
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514-389-5053)



Pleather
(\$60, at
Spring)



POP ART

Hermès' classic SilkyPop transforms from a trim, zippered leather clutch into an elegant bag. Now, the bookish types at Indigolife have come up with a similarly jaunty tote with fashion cred and a more workaday purpose: Their silkscreened foldable tote goes from a pocket clutch to a roomy shopping bag. The hardy canvas tote comes in turquoise, grass green, marine blue and chocolate brown and is sturdy enough to lug a stack of spring reading to the café (\$20, at select Chapters and Indigo stores across Canada).

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In the new issue of Us Weekly, five people close to the situation — including two relatives of the other woman — confirm that Jon & Kate Plus 8 dad Jon Gosselin, 32, has been having an affair with third grade school teacher Deanna Hummel. **USMAGAZINE.COM**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

●●●● A CLASSIC; ●●● EXCELLENT; ●● GOOD; ● FAIR; ● POOR

Relentless return for Ben Harper

Ben Harper and Relentless7

Album: White Lies for Dark Times
Label: Virgin/EMI

Rating: ●●●●

GUITARIST

BEN HARPER has delivered so much consistently fine music over the past 15 years that it's easy to take him for granted. We shouldn't. He's too good for that. On this latest project, Harper finds fresh approaches to his rootsy electric explorations with the help of a new band, a bass, guitar and drums trio he's dubbed Relentless7. With the help of co-producer Danny Kalb (founder of '60s seminal band The Blues Project), Harper gives

us 11 original tracks that showcase his delicate guitar work and pleading vocal style. Despite the bleak lyrical passages, there is an upbeat underpinning to the tracks that owes as much to the Celtic funk influences of Richard Thompson and John Martyn as it does to the southern jazz/blues rock of the Allman Brothers. Give this one a careful listen.

Graham Rockingham/for Metro Canada

Bif Naked

Album: The Promise

Label: HRM Records

Rating: ●●●

THE PROMISE

STARTS OUT

with anger

and rage on

the standout

tracks Crash



On his latest album, *White Lies for Dark Times*, Ben Harper — with the help of new band Relentless7 — serves up 11 original tracks that showcase his delicate guitar work and pleading vocal style.

And Burn and Sick. It's what you'd expect from an album recorded while the singer was undergoing chemotherapy for breast cancer. Those two opening songs put a fitting edge to Bif Naked's tried and true formula of guitar-powered

punk-pop. But the album takes a dive on the third track, an unfortunate bit of cliché-ridden radio fluff called Bluejay that can't unsnag its way out of its "fly-away-from-me" trap. Bif is best when she's flashing the attitude, but it

seems staged on F*** You 2. There are plenty of worthy moments on this album, like the psychodrama of Honeybee and the tattooed innocence of Ciao Bella, but at times it all seems a little too contrived.

Graham Rockingham/for Metro Canada

Farrah's Story

Farrah Fawcett's cancer battle is to be the subject of a TV news special. Her two-year fight has been captured on video and now the footage will make up a two-hour special, called *Farrah's Story*. **FEMALEFIRST.CO.UK**



MusicReviews

music@metronews.ca

Pilot Speed

Album: Wooden Bones

Label: MapleMusic/Universal

Rating: ●●●

SINCE FORMING IN 2000 as Pilate, Toronto's Pilot Speed (the group



changed its moniker three years ago) has always straddled the line between overwrought Coldplayisms and down to earth indie pop. On this effort, the four-some once again delivers an infectious, but somewhat unbalanced song set. Wooden Bones' opener, Put The Phone Down, is a solid track of mid-'90s Can-rock-meets-Snow Patrol, but Bluff is an airy, emotive piano tune that's a total fit for the Grey's Anatomy soundtrack. The guys are headed in the right direction, but they need to steer even further away from the cheese if they want to make their mark.

Bryan Borzykowski/for Metro Canada

Paul Potts

Album: Passione

Label: Sony Music

Rating: ●●●

WITH BRITAIN'S GOT

Talent sensation Susan Boyle all over the place these days, it's fitting that another down-on-his-luck amateur singer, who made it big on BGT, has a new disc to promote. Paul Potts, once a manager at Carphone Warehouse, is now an operatic sensation. His debut, *One Chance*, topped the charts in a number of countries, and his new effort should do the same. It's filled with soaring Italian classics, backed by the Czech National Symphony Orchestra. If easy-on-the-ears opera is your thing, sung by a seriously talented reality TV star, then this disc is a sure bet.

Bryan Borzykowski/for Metro Canada

critics'corner

Da Kink in My Hair

It happens in every relationship: Eventually we learn something unpleasant about the other person. If it's minor — he snores, she leaves her undies hanging on the shower rod — it's fixable. Unfortunately, it's not always so minor. Ask Starr (Ngozi Paul), who is questioning her future with Julian after he makes a homophobic comment. Yep, this could be a deal breaker if he's not willing to join the "straight but not narrow" club. 9:30 PM on 3 TV



The Adventures of Robin Hood

Seven decades after its original release, it's still easy to see why this swashbuckling spectacular garnered an Oscar nomination as best picture of 1938. Dashing Errol Flynn will knock the tights off anyone who thinks Kevin Costner's sher-wooden impersonation in "Robin Hood: Prince of Thieves" was the real deal. Olivia de Havilland is a gorgeous and endearing Maid Marian. Basil Rathbone also stars. 9 PM on 61 V

OT	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265	353	2	TVO	Salt Mines	The Agenda With Steve Paikin	The Children (Part 1 of 3)	Tierney Gearon: Mother	Agenda-Paikin			
211	331	3	GTV	ET Canada	Survivor: Tocantins (N)	The Office (N)	Kink in Hair	(10:01) Harper's Island (N)	News		
-	-	5	SRC	Des squelettes	Perdus "Le Mensonge" (SC)	Les Galas 2007 du Festival	Le Téléjournal et Les Nou	Le Téléjournal et Les Nou	La Zone		
209	342	6	CHRO	Instant Star	Old Christine	America's Next Top Model	Michael J. Fox: Optimist	Comedy Now			
196	311	7	CTV	Hollywood	CSI: Crime Scene Invstgtn.	Grey's Anatomy (N)	Southland "Two Gangs"	News (N)			
208	303	8	CBC	22 Minutes	NHL Hockey: Western Conference Semifinal Game 4 -- Canucks at Blackhawks	The Office (N)	30 Rock	Southland "Two Gangs"	News (N)		
-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Name Is Earl	Parks-Recreat	Southland "Two Gangs"	News (N)		
117	713	10	TVA	Dépenses xtr	Histoires-filles	Dr. House (HDTV) (SC)	Destination Nor'Ouest (SC)	TVA 22 heures (10:45) Denis Lévesque	Loft Story		
-	-	11	QS	Loft Story	Un monde bête	La Demoiselle d'honneur (2006, Suspense)	Linda Purl (SC)	Cent dix pour cent (SC)	Loft Story		
137	763	12	TFO	Panorama	Le Groupe 1755	Procès de Jeanne d'Arc *** (1962, Drama)	Folle-aventure	Voit			
-	362	13	CBS	Dr. Phil (HDTV) (N)	Survivor: Tocantins (N)	CSI: Crime Scene Invstgtn.	Two/Half Men	Cold Case			
216	395	14	OMN2	Raymond	Raymond	News (N)	Two/Half Men	King	News (N)		
214	344	15	CITY	Law & Order: SVU	Ugly Betty (N)	Parks-Recreat	30 Rock	Hell's Kitchen (PA) (N)	News (N)		
115	343	16	CFMT	2Half Men	The Simpsons	News (N)	Vivere II	The Simpsons	King of the Hill	Metropia	
218	345	18	E!	The Insider (N)	E! News	Name Is Earl	10 Items-Less	Party Monsters: Cabo	News (N)		
-	361	20	ABC	News (N)	Entertainment	Ugly Betty (N)	Grey's Anatomy (N)	Michael J. Fox: Optimist	News (N)		
512	396	24	CPAC	La Période de questions	Heure polit.	L'Heure politique	100 Huntley Street	Life Today	This Is Day	Revue	
406	417	27	net	Happy Days	Laverne	Bones (HDTV PA) (N)	Hell's Kitchen (PA) (N)	News (N)	News		
-	365	36	PBS	TMZ (N)	Seinfeld	(7:58) Yes, Prime Minister	Monarch of the Glen	Poldark	News	Charlie Rose	
-	-	64	FOX	Business Rpt.	etalk	CSI: Crime Scene Invstgtn.	Grey's Anatomy (N)	Southland "Two Gangs"	CBC News: The National	News (N)	
205	312	104	CTV	Hollywood	Newman	The Hour	CBC News: The National	Anderson Cooper 360 (HDTV)	MLB Baseball: Blue Jays at Angels		
500	500	33	CNN	Lou Dobbs Tonight	Campbell Brown: No Bias	Larry King Live (N)	Anderson Cooper 360 (HDTV)	MLB Baseball: Blue Jays at Angels			
406	417	27	net	MLB Baseball: Cleveland Indians at Boston Red Sox	From Fenway Park in Boston.						
126	730	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	RDI en direct	Le National	Le Téléjournal		
400	280	30	TSN	That's Hockey	Hockey 2009 IIHF World Championship Quarterfinal -- Teams TBA.	NBA Basketball Teams to Be Announced. (Live)	SportsCentre	NHL Hockey: Cont. Semifinal	Score Tonight	Hockey Talk	
410	403	52	SCR	Canadian Poker Tour	Departures	Pinks -- All Out (HDTV)	Mantracker	Bounty Hunter	Bounty Hunter	Departures	
411	457	56	OLN	Bounty Hunter	Pass Time	6TEEN	6TEEN	Futurama	Beetlejuice *** (1988, Comedy)	Michael Keaton.	
417	406	59	SC	Pimp My Ride	Total Drama	6TEEN	6TEEN	Wizards-Place	Life Derek	Ned's School	Cory in House
554	544	48	TEL	Totally Spies	Malcolm-Mild.	Futurama	In Real Life "The Circus"	Falcon Beach "Lost"	Entourage	Gene Simmons	The Daily Fix
557	540	51	FAM	Wizards-Place	Prank Patrol	Prank Patrol	Cher: The Farewell Tour	The First 48 (HDTV)	TNA Wrestling (HDTV) (N)	The First 48 (HDTV)	Pros vs. Jones
551	542	65	YTV	Prank Patrol	Rank'd!	The First 48 (HDTV)	UFC Unleashed	American Chopper	Envoyé spécial	Cité guide	Journal TV5
570	580	29	MTV	The Daily Fix	CSI: Miami (HDTV)	UFC Unleashed	American Chopper	Envoyé spécial	Cité guide	Journal TV5	
618	520	31	A&E	CSI: Miami (HDTV)	UFC Unleashed	American Chopper	Envoyé spécial	Cité guide	Journal TV5		
628	584	32	SPKE	MLB Baseball: Cleveland Indians at Boston Red Sox	From Fenway Park in Boston.						
521	560	34	TLC	Overhaul'n! (HDTV)	American Chopper	Envoyé spécial	Cité guide	Journal TV5			
145	761	35	TV5	Destinations	Fourchette	Love-Death	Love-Death	Trailer Park	Trailer Park	Star Trek Generations ** (1994)	
616	521	39	BVO	The Outer Limits	Snapshot	Love-Death	Love-Death	Trailer Park	Trailer Park	Star Trek Generations ** (1994)	
620	523	40	SBO	Storytellers	Snapshot	Love-Death	Love-Death	Trailer Park	Trailer Park	Star Trek Generations ** (1994)	
520	505	42	DIS	Daily Planet (N)	Shaye: This Is It	How William Shatner Changed the World	Home Improve.	Home Improve.	Reba	Reba	
575	583	43	SMT	Shaye: This Is It	Skin Deep	Til Debt-Part	X-Weighted "Jannette"	X-Weighted	X-Weighted	X-Weighted	
601	562	45	CLC	Skin Deep	Til Debt-Part	X-Weighted "Jannette"	X-Weighted	X-Weighted	X-Weighted	X-Weighted	
625	548	46	COM	Air Force	Just for Laughs	Friends	Friends	South Park	Friends	South Park	
294	529	47	TBS	House-Payne	House-Payne	Property Virgin	Star Trek Movies 6-10	Star Trek Movies 6-10	Star Trek Movies 6-10	Star Trek Movies 6-10	
600	564	49	H&G	House Hunters	Property Virgin	Star Trek Movies 6-10	Star Trek Movies 6-10	Star Trek Movies 6-10	Star Trek Movies 6-10	Star Trek Movies 6-10	
627	528	50	SPC	Star Trek Movies 6-10	Star Trek Movies 6-10	Star Trek Movies 6-10	Star Trek Movies 6-10	Star Trek Movies 6-10	Star Trek Movies 6-10	Star Trek Movies 6-10	
581	566	53	MTV	Room Raiders	After	Canada's Next Top Model	Seinfeld	Movie Awards	The Hills	Taking the Stage	
618	524	54	TROP	Vanity Insanity	Inside Hollywood	Ancient Discoveries	Les Procureurs	Mo'Nards hors-la-loi (HDTV)	Histoires de crimes (HDTV)	Marine Mach.	National Geo
522	506	55	HC	NCIS "Judgment Day"	Biographies	Wait for God	'Allo, 'Allo!	The Adventures of Robin Hood *** (1938, Adventure)	Divine Design	Love It-List It	House
129	773	60	CID	Biographies	Wait for God	'Allo, 'Allo!	The Adventures of Robin Hood *** (1938, Adventure)	Divine Design	Love It-List It	House	
261	394	61	V	Murder, She Wrote	Divine Design	House	By the Rapids	renegadeexpress	A Family Thing ** (1996, Drama)	Robert Duvall, James Earl Jones.	
560	567	62	W	Will & Grace	Friends	Warriors: TKO	Wapos Bay	etalk	American Idol Extra (N)	The Tonight Show-Jay Leno	TMZ
269	530	70	APTN	The Ellen DeGeneres Show (N)	Restaurant Makeover	etalk	etalk	etalk	etalk	etalk	
621	527	71	TKN	The Ellen DeGeneres Show (N)	Restaurant Makeover	etalk	etalk	etalk	etalk	etalk	
603	561	95	FN	Chef at Home	Exotic	Restaurant Makeover	etalk	etalk	etalk	etalk	

Listen to this week's reviewed music at **metronews.ca/music**

Reynolds' Deadpool going solo

Ryan Reynolds will soon have the entire screen to himself to show off those biceps. His Deadpool character from X-Men Origins: Wolverine is being developed for a spin-off star vehicle, trade papers report. **PEOPLE.COM**



A popcorn enterprise

Star Trek

Director: J.J. Abrams

Stars: Chris Pine, Zachary Quinto

Classification: PG

Rating: ⓈⓈⓈⓈ

NED EHRBAR
Metro World News



After last week's dour X-Men Origins: Wolverine, the summer movie season really gets going with the bombastic reboot of Star Trek. Director J.J. Abrams has taken a franchise that's spawned 10 feature films (and one inspired parody, Galaxy Quest) and made it new again.

In what could easily have been Star Trek: The College Years, the film brings together the crew of the USS Enterprise for their maiden voyage to do battle with a black hole-building Romulan with a chip on his shoulder (Eric Bana, with Mike Tyson-like face tattoos).

In the midst of the crisis, the filmmakers reinvigorate well-worn heroes Kirk (Chris Pine) and Spock (Zachary Quinto) by sprinkling on liberal amounts of daddy issues — the same that make up much of the personal drama on Abrams and producer Damon Lindelof's *Lost*.

But clever plotting aside, it's the interactions of the young crewmembers that keep the picture humming. It helps that Kirk and Spock spend much of the movie barely tolerating

each other, something that makes sense given their temperaments. And it makes the development of their famous friendship that much more interesting. But Karl Urban delightfully steals all of his scenes as medical officer (Bones) McCoy, and not just because he gets all the classic lines.

There are some mis-

On the web



• For Star Trek photos, a trailer and screen times, or to buy tickets, visit metronews.ca/movies.

steps, to be sure, like the bizarre stunt-casting of Tyler Perry as the head of Starfleet or the decision to

give Simon Pegg's Scotty an adorable, pint-size alien sidekick (something out of George Lucas' playbook). But they're not nearly enough to sink an otherwise stellar popcorn movie.

After recent downers like *The Dark Knight* and *Watchmen*, it's refreshing to see a big-budget expression of giddy adventure.



Chris Pine, right, and Zachary Quinto star as Kirk and Spock in the rebooted version of *Star Trek*, in theatres today.

Star Trek Thursday screen times

- Coliseum Ottawa: 7-7:30-10-10:30
 - Empire 7 Cinemas: 7-10
 - Rideau Centre Cinemas: 7:10-10:10
 - South Keys: 7:05-7:25-10:05-10:15
 - StarCité Hull: 7-7:10-7:15-10-10:05-10:10
 - Barrhaven Cinemas: 8
 - Gloucester SilverCity: 7:30-8:30-10:30-12; IMAX 7-9:45-12:30
 - Orleans Town Centre: 7-9:45
 - Kanata 24: 7-10
- Times are subject to change. Complete listings are also available at metronews.ca/movies*

Kenya'sStyle

Kenya Hunt



Read the blog at metronews.ca/kenyasstyle

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Paula Abdul, who recently denied ever taking prescription painkillers on ABC's *Nightline*, opens up about her past drug use to *Ladies' Home Journal*. "I could have killed myself," the *American Idol* judge says about the extent of her painkiller abuse. **METRO WORLD NEWS**

Celebrity Buzz

Lindsay's bad influence on Ali

SISTER, SISTER Lindsay Lohan has been flirting dangerously with her past partying ways since her split from Samantha Ronson, and now it looks like she might be taking her sister, Ali Lohan, down with her.

Lindsay has reportedly been bringing Ali with her to parties around L.A., including a recent bash at the Roosevelt Hotel, where Lindsay was wary of photographers.

"Lindsay was definitely in party mode, but didn't want anyone seeing her drink," a source tells *Page Six*. Lindsay also recently brought 15-year-old Ali to 21-and-over club

MyHouse, where the manager had to ask her to leave twice before she was escorted out.



METRO WORLD NEWS

Fiddy is Gossip Girl's No. 1 fan?

CELEBRITY FAN 50 Cent watched *Gossip Girl* to prepare for his new movie role, *femalefirst.co.uk* reports.

The rapper — real name Curtis Jackson — tuned in to several episodes of the teen drama because he is set to appear with its star Chace Crawford in forthcoming movie drug drama *Twelve*.

He said: "I got a chance to see it. It's cool just to be in the presence of talented artists."



METRO NEWS SERVICES

Give me the kid, or else?

EXACTING REVENGE? Celebrity status may not let Madonna bag herself a new child, but she's launching a campaign to help single mothers adopt children from foreign countries, *femalefirst.co.uk* reports.

The website adds it seemed a "little bit threatening" when Madge said she'll only launch the campaign if Malawi officials block her bid to take home three-year-old Mercy James.

The pop star tried to adopt Mercy last month but her bid was turned

down on the grounds that prospective parents have to be residents for 18 to 24 months prior to adoption.

Madonna, who previously adopted son David from Malawi in 2006, appealed the ruling and now her lawyers are preparing to fight for

their client's right to adopt in the African nation.

A source tells *The Sun* newspaper, "If she fails on the grounds of her divorce she will be absolutely livid. She is already talking about starting a campaign for single moms to be allowed to adopt the world over."

METRO NEWS SERVICES



Do as I say, not as I do: Palin

SET AN EXAMPLE Bristol Palin promoted sexual abstinence for her fellow teens in appearances Wednesday on ABC's *Good Morning America* and NBC's *Today* — prompting interviewers to question how she can preach something she obviously didn't practice, *people.com* reports.

While declining to discuss what methods of birth control she might have used, Palin, 18,

told ABC's Christopher Cuomo, "Regardless of what I did personally, I just think that abstinence is the only ... 100 per cent foolproof way to prevent pregnancy." She also acknowledged that abstinence is "difficult."

To NBC's Matt Lauer, who asked what message she was sending teens by talking about not having babies while she was holding her

sleeping son, Tripp, in her arms, Palin said, "I'm just here trying to tell teens this is a really hard job."

The TV appearances were keyed to Palin's new role as the Candie's Foundation's teen ambassador for a campaign to raise awareness about the consequences of teen pregnancy.

When asked about claims her family would not allow Palin's former fiancé and father of her child, Levi Johnston, to be alone with his son, Palin shied away from talking about her "personal life" but did say, "I'd love Levi to be part of [Tripp's] life."

METRO NEWS SERVICES



Sherlock Holmes no prim Englishman

CREATIVE LICENSE Jude Law thinks filthy language, homoerotic overtones and bare-knuckle fighting are "quintessential parts" of Sherlock Holmes, *femalefirst.co.uk* reports.

The 36-year-old actor — who plays Holmes' faithful sidekick Dr. Watson in Guy Ritchie's new adaptation of the classic detective tale — doesn't think Holly-

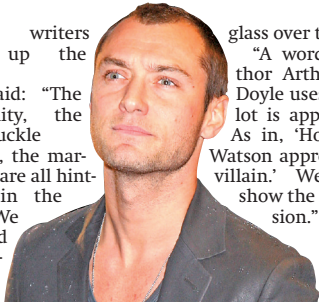
wood writers sexed up the script.

He said: "The physicality, the bare-knuckle fighting, the martial arts are all hinted at in the books. We just hold a magnifying

glass over them.

"A word that author Arthur Conan Doyle uses an awful lot is 'apprehended.' As in, 'Holmes and Watson apprehend the villain.' We get to show the apprehension."

METRO NEWS SERVICES



Volturi hit Vancouver

FAN-DEMONIUM Look out, trouble is in town. The Volturi (a vampire clan in the book) cast of *New Moon* has swooped into Vancouver to start shooting scenes in the highly anticipated *Twilight* sequel, *people.com* reports.

Dakota Fanning, who is set to play Jane, a sinister vampire with an angelic exterior, arrived Tuesday. Immediately thrust into the fan-demonium, she happily signed photos and posed for pictures outside her

hotel before doing some sightseeing and grabbing a bite to eat.

Michael Sheen (Aro) and Jamie Campbell-Bower (Caius) arrived a couple hours earlier, and the evil immortals had costume fittings all day.

In Vancouver to film their interior scenes — they'll be shooting exteriors in Italy later this month — the trio are staying at the same hotel as co-star Kristen Stewart and Selena Gomez, who is there shooting *Beezus and Ramona*.

METRO NEWS SERVICES



Kiefer gets rowdy

BAD BEHAVIOUR Kiefer Sutherland rose to Brooke Shields' defence Tuesday morning in downtown Manhattan — though she didn't particularly request it, and the interloper allegedly suffered a broken nose from the 24 star, according to reports.

New York's *Daily News* reports that Proenza Schouler womenswear designer Jack McCollough — a friend of Shields' — interrupted her and Sutherland while they were speaking outside the SoHo nightclub Sub-Mercer at 2 a.m. An agitated Sutherland then allegedly head-butted McCollough after the two men exchanged words.

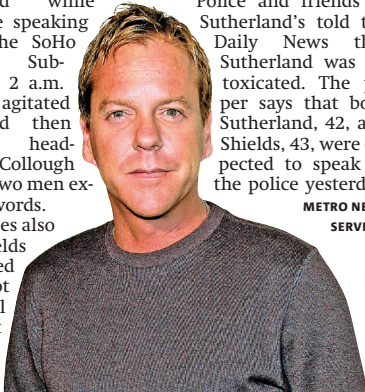
Witnesses also say Shields was shoved but not hurt. All were out following the Met's

Costume Institute Gala. A rep for Shields said, "Nothing happened to her ... Jack did nothing inappropriate. It's not clear what caused Kiefer to do what he did," the rep told *tmz.com*.

McCollough told authorities that Sutherland "was drunk and obnoxious and wouldn't back down or be logical," and that the actor "pulled this stupid wrestling move like a teenager" before the headbutt.

Police and friends of Sutherland's told the *Daily News* that Sutherland was intoxicated. The paper says that both Sutherland, 42, and Shields, 43, were expected to speak to the police yesterday.

METRO NEWS SERVICES



Victoria hits back with own lawsuit

SHE SAID, SHE SAID Victoria Principal is countersuing her former housekeeper who accused the actress of pointing a gun at her, *femalefirst.co.uk* reports.

Maribel Banegas claims the Dallas star fired her on Dec. 26 and threatened to shoot her after she allegedly took too long to walk her pet dog Mei-Ling.

In court documents filed on Monday, Banegas alleges the actress "pointed and aimed" the gun at her and "verbally threatened

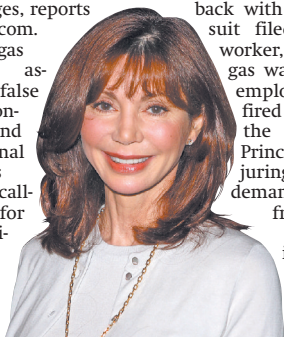
to kill" her when she asked for wages, reports to *tmz.com*.

Banegas claims assault, false imprisonment and emotional distress and is calling for unspecified damages. And

now Principal is fighting back with her own lawsuit filed against the worker, claiming Banegas was a temporary employee who was fired after damaging the backdoor in Principal's home, injuring her dog and demanding money from the actress.

Principal is suing for unspecified damages.

METRO NEWS SERVICES



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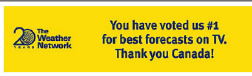
Award winning spoken word artist Holmes Hooke will host this prestigious event, perform readings of Cohen's poetry & introduce the audience to the artists including: Lorraine Segato - lead singer of *Parachute Club*; Ottawa based folk singer songwriter, Lynn Miles; Canadian singer, songwriter, actor, pianist & composer, David Sereda; Singer, songwriter, Rebecca Campbell; 2008 Canadian Maple Blues Awards, Female Vocalist of the Year & 2009 Juno Nominee, Susie Vinnick; Violinist & composer, Anne Lindsay; 2009 National Jazz Awards Vocalist Nominee, D.K. Ibomeka; Canadian novelist, screenwriter, playwright, filmmaker & musician, Paul Quarrington + producer & composer Martin Worthy both of *Porkbelly Futures*; David Gray - *Parachute Club* lead guitar

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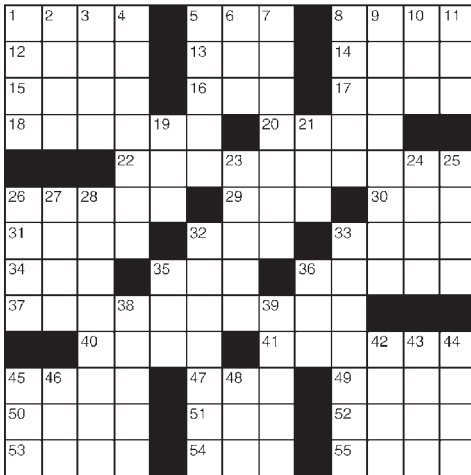
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Take Five



Crossword across

- 1 Dogfight participants
- 5 Energy
- 8 In the neighborhood
- 12 Ancient mariner
- 13 Courtroom pseudonym
- 14 Wheelbase terminus
- 15 Houston acronym
- 16 Joined at the hip
- 17 Couple, in a gossip column
- 18 Crowd scene actors
- 20 Sport
- 22 Pseudo-claimants to the throne
- 26 Diamond side
- 29 Scarlet
- 30 Wrestling surface
- 31 Black, to Browning?
- 32 Gravy, on a French menu
- 33 Challenge
- 34 Announcer Pardo
- 35 Payable
- 36 Tend the turkey
- 37 Larry King trademark
- 40 Sty cry
- 41 Inventor's insurance
- 45 Walk unevenly
- 47 Id counterpart
- 49 Largest of the seven
- 50 Wile E.'s supplier
- 51 Wage earner's burden
- 52 Poolroom prop
- 53 Honey bunch?
- 54 Bond, for one
- 55 Fist (SL)

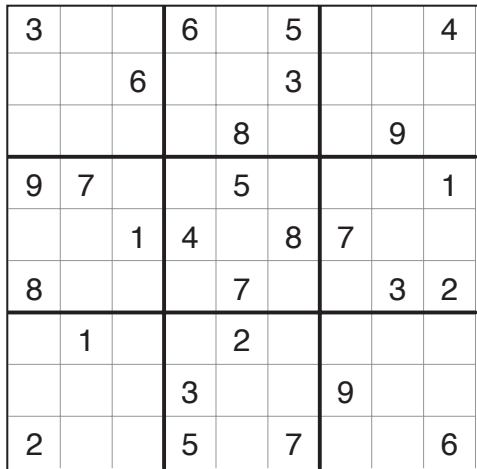
Crossword down

- 1 Hathaway or Heche
- 2 Wheelie
- 3 Right on the map?
- 4 Hone
- 5 Everyday writing
- 6 A billion years
- 7 Diminutive ones
- 8 Water nymph
- 9 Maximums
- 10 Pub order
- 11 Sleep phenom
- 19 Illustrations
- 21 Remnant
- 23 Aligned
- 24 Huck's transport
- 25 Eyelid woe
- 26 Govt. workers
- 27 "— ben Adhem"
- 28 Clear soup
- 32 Politicos' trips
- 33 Treacherous one
- 35 Lair
- 36 Support of a sort
- 38 They're calling Danny Boy
- 39 Strong adhesive
- 42 Birthright barterer
- 43 Shaving mishap
- 44 Snatch
- 45 Retriever type
- 46 Lemieux milieu
- 48 Diastema

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	7	9	5	4	8	6	3	2
3	2	8	6	1	7	5	4	9
5	4	6	9	3	2	7	8	1
9	5	7	8	6	3	1	2	4
4	8	2	7	9	1	3	6	5
6	3	1	2	5	4	9	7	8
7	9	3	4	2	5	8	1	6
2	1	5	3	8	6	4	9	7
8	6	4	1	7	9	2	5	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- Under 13 minGenius
13-17 minScholar
17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Metro Recipe of the Day



Bulgur Salad

INGREDIENTS:

- 3/4 cup (175 ml) bulgur
- 2 large tomatoes
- 1/2 cucumber, peeled and coarsely grated
- 1 carrot, peeled and grated
- 2 tbsp (25 ml) finely chopped fresh flat-leaf parsley
- 10 fresh mint leaves, chopped
- 1 tbsp (15 ml) lemon juice
- sprig of fresh mint to garnish

DRESSING:

- 1/3 cup olive oil
- 1 1/2 tbsp (20 ml) wine vinegar
- 1 garlic clove, crushed
- salt and freshly ground black pepper

METHOD:

1. Tip bulgur into heatproof bowl, pour in 1 1/4 cups (300 ml) boiling water, cover and leave soak 20 minutes, or until most of water is absorbed. Tip into sieve to drain off excess water.
2. Scald the tomatoes in a

bowl of boiling water, 30 seconds. Drain, then refresh under cold running water. Peel off skins, then scoop out seeds and dice flesh.

3. Mix tomato flesh with cucumber and carrot. Rub bulgur between fingers to separate grains, add to vegetables with herbs and toss. Sprinkle with lemon juice.

4. For dressing, put oil, vinegar, garlic and seasoning into jar and shake well. Pour dressing over the salad and toss gently. Cover with plastic wrap and chill 3 hours before serving. Garnish with sprig of fresh mint.

SERVES 4 AS A LIGHT MEAL



Horoscopes

ARIES MARCH 21-APRIL 20

A delayed message will startle you. Don't explode at the slightest provocation. A traveler tells a secret about the blues.

LIBRA SEPT 23-OCT 23

Stop thinking about obeying outrageous demands. Hold your tongue to please a finicky person. A magical man is too honest.

TAURUS APRIL 21-MAY 21

An announcement will be noted. Fly into action guided by your intuition. A lover is hungering for good-natured adventures.

SCORPIO OCT 24-NOV 22

A creative person is awkward before a discussion. Give credit to a meek man. A vengeful individual has to save someone.

GEMINI MAY 22-JUNE 21

Someone will rule with a velvet fist. A friend behaves in an abnormal manner. Call a cheerful woman for peace of mind.

SAGITTARIUS NOV 23-DEC 21

Find some understanding from a laid-back friend. Run the risk of being seen paying attention. A job should be finished by now.

CANCER JUNE 22-JULY 22

People want you to get with the program. You'll be forced to make a choice. A strong conviction determines what is really important.

CAPRICORN DEC 22-JAN 20

Messy stairs inspire someone to take a tumble. A significant injury has been concealed. A cynical person is moving ahead in love.

LEO JULY 23-AUG 23

Be ready to concede when tension breaks out. Guard against seasonal ailments. A newcomer's breakthrough saves you from a dull job.

AQUARIUS JAN 21-FEB 18

Mental activity will increase your fun. Changes are opportunities for a new way of life. Someone needs time alone to plan some hanky-panky.

VIRGO AUG 24-SEPT 22

Don't tell a grouch any confidential stories. You'll be teased about a change of plans. Banal moments will put you in an awkward position.

PISCES FEB 19-MARCH 20

Don't lift anything heavy without help. An associate may not be trustworthy. A good person makes an exciting move.

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BY TRICKY RICKY KANE

Every answer is a rhyming pair of words like FIVE CAT and DOUBLE TROUBLE, and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Actor Bridges' schmozy (1)
2. Majestic high school music group (1)
3. Astronaut John's eye or camera part (1)
4. Playful sprite in the South (2)
5. Ill will on an oil-carrying ship (2)
6. Round Table members' claims to property (1)
7. Horrifying duo (2)

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2007 IMPREZZA AWD

• Load • A/C
• Auto
• 33,857 km
• St: 25675
\$18,970
\$162
BI-WEEKLY



2008 ACCENT

• A/C
• Auto
• 34,272 km
• St: 26862
\$10,450
\$89
BI-WEEKLY



2006 NISSAN 350Z

• Load • A/C
• Auto • Lthr
• 18,151 km
• St: 26938
\$33,630
\$313
BI-WEEKLY



2008 KIA RIO

• Load • A/C
• Auto
• 33,573 km
• St: 26917
\$11,980
\$102
BI-WEEKLY



2007 CIVIC COUPE

• Load
• A/C
• 33,463 km
• St: 27499
\$15,670
\$133
BI-WEEKLY



2007 VERSA

• Load • A/C
• Auto
• 53,247 km
• St: 26651
\$12,950
\$110
BI-WEEKLY



2005 MONTANA SV6

• Load
• A/C
• 72,231 km
• St: 27508
\$10,850
\$119
BI-WEEKLY



2004 CAMRY LE

• Load • A/C
• Auto • Roof
• 79,885 km
• St: 26104
\$12,950
\$142
BI-WEEKLY



2007 OUTLANDER ES

• Load
• A/C
• 17,734 km
• St: 27382
\$18,950
\$161
BI-WEEKLY



2007 COBALT LS

• A/C
• Auto
• 50,334 km
• St: 26662
\$10,970
\$93
BI-WEEKLY



2007 ACCORD

• Load • A/C
• Auto
• 35,354 km
• St: 27385
\$17,950
\$153
BI-WEEKLY



2008 GR. CARAVAN SE

• Load • A/C
• Sto N Go
• 54,699 km
• St: 27638
\$16,890
\$144
BI-WEEKLY



2006 CIVIC

• Load • A/C
• Auto
• 49,804 km
• St: 27345-A
\$14,850
\$141
BI-WEEKLY



2006 MAZDA 3

• Auto
• 42,337 km
• St: 27647-A
\$10,480
\$100
BI-WEEKLY



2005 SMART FORTWO CDI

• Load • A/C
• Auto
• 68,774 km
• St: 27439
\$12,450
\$136
BI-WEEKLY



2008 FOCUS SE

• Load
• A/C
• 46,100 km
• St: 27641
\$11,850
\$101
BI-WEEKLY



2007 SIENNA LE

• Load
• A/C
• 54,754 km
• St: 25674
\$22,950
\$195
BI-WEEKLY



2007 MAZDA 3

• Load • A/C
• Auto
• 28,975 km
• St: 26918
\$15,890
\$135
BI-WEEKLY



2005 TRIBUTE 4WD

• Load • A/C
• Auto
• 82,768 km
• St: 27551
\$12,850
\$141
BI-WEEKLY



2005 HONDA CR-V

• Load • A/C
• Auto • AWD
• 95,616 km
• St: 27296
\$16,880
\$185
BI-WEEKLY



2005 BMW Z4 2.5i

• Load • A/C
• Lthr • Conv.
• 53,445 km
• St: 25776
\$28,650
\$307
BI-WEEKLY



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UNDER**

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2006 MIATA MX5

• Load • A/C
• Auto • Lthr
• 53,323 km
• St: 27553
\$23,890
\$227
BI-WEEKLY



2007 AUDI A4

• Load • A/C
• Roof • Lthr
• 31,443 km
• St: 26441
\$29,970
\$248
BI-WEEKLY



2005 JAGUAR X-TYPE 3.0

• Load • Roof
• Lthr • AWD
• 54,668 km
• St: 27535
\$21,850
\$239
BI-WEEKLY



2004 AVE05 LS

• Load • Roof
• Auto
• 67,885 km
• St: 26327
\$7,950
\$87
BI-WEEKLY



2004 FOCUS ZTW

• Load • A/C
• Auto
• 50,580 km
• St: 27421
\$8,850
\$97
BI-WEEKLY



2004 ACCENT GL

• Load
• A/C
• 70,880 km
• St: 25923
\$6,950
\$76
BI-WEEKLY



2009 GALLANT ES

• Load • A/C
• Auto
• 34,118 km
• St: 27381
\$14,950
\$127
BI-WEEKLY



2006 MAZDA 5

• Load
• A/C
• 61,023 km
• St: 27532
\$14,970
\$143
BI-WEEKLY



2006 RANGER SPORT

• A/C
• 50,835 km
• St: 27666
\$11,640
\$111
BI-WEEKLY



2005 MALIBU MAXX LS

• Load • Roof
• Auto • A/C
• 72,628 km
• St: 27154
\$9,670
\$106
BI-WEEKLY



2005 OPTRA LS S/W

• Load • Roof
• Auto • A/C
• 26,413 km
• St: 27123
\$8,950
\$98
BI-WEEKLY



2005 CIVIC

• Stnd
• 94,165 km
• St: 27549
\$8,950
\$98
BI-WEEKLY



2006 PONTIAC G6

• Load • A/C
• Auto
• 43,793 km
• St: 25710
\$12,840
\$122
BI-WEEKLY



2008 ALLURE CX

• Load
• A/C
• 34,410 km
• St: 27072
\$14,850
\$126
BI-WEEKLY



2005 SOLARA SE COUPE

• Load • A/C
• Auto
• 18,186 km
• St: 27553
\$14,850
\$162
BI-WEEKLY



2005 PONTIAC G6

• Load • Roof
• Auto • A/C
• 87,947 km
• St: 26990
\$9,650
\$106
BI-WEEKLY



2005 PURSUIT

• Auto
• A/C
• 93,213 km
• St: 25236-A
\$7,850
\$86
BI-WEEKLY



2005 COROLLA CE

• Stnd
• 95,754 km
• St: 27659
\$8,870
\$97
BI-WEEKLY



2007 BMW 328xi

• Load • AWD
• Roof • Lthr
• 18,556 km
• St: 26002
\$37,750
\$313
BI-WEEKLY



2005 EQUINOX LS

• Load
• A/C
• 91,173 km
• St: 27607
\$10,960
\$120
BI-WEEKLY



2005 MATRIX XR

• Load • A/C
• Auto
• 94,222 km
• St: 27158
\$11,850
\$130
BI-WEEKLY



2006 CARAVAN

• Load
• A/C
• 81,888 km
• St: 27644
\$9,960
\$95
BI-WEEKLY



2006 SONATA V6

• Load • A/C
• Auto
• 70,099 km
• St: 27501
\$9,980
\$95
BI-WEEKLY



2006 ION COUPE

• Load
• A/C
• 36,592 km
• St: 27670
\$9,670
\$92
BI-WEEKLY



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Garden Fun Dinnerware Collection

Garden Fun side bowl and plate. Assorted bowls, glasses, and accessories also available. Each sold separately.

\$2.99 – \$14.99

Golfing Gnome

Durable polyresin construction with a brightly coloured finish. Two available styles.

\$19.99



Casual Throw Pillow, Floral/Stripe

Reversible, quick-drying, spun polyester fabric, resists water, fading, and stains. 15" x 15"

\$15.99



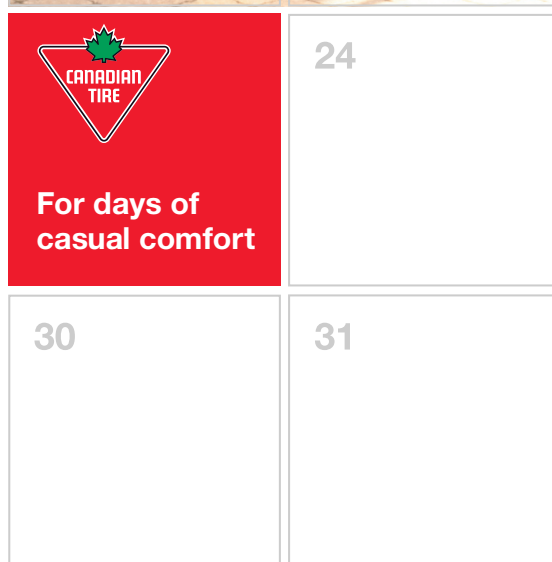
Master Chef 3-Burner Propane BBQ with Side Burner

Great value! 596 sq. in. total cooking surface. Porcelain-coated cooking grates. Also available in natural gas.

\$269.99



Sandstone Dining Set, \$329.99

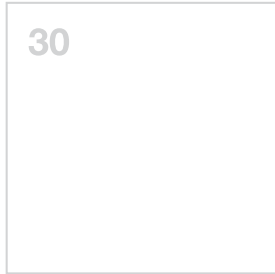
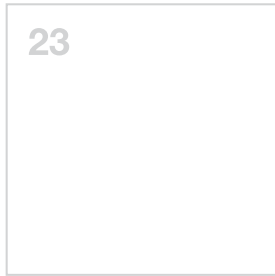
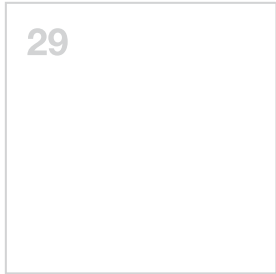


Mapleview 3-Pc Bistro Set

Stamped metal design tabletop. Folding chairs for easy storage.

\$149.99





Square Metal Lantern

Holds one pillar/votive candle (sold separately). Available in large or small sizes.

\$19.99 – \$24.99



Eclipse Dinnerware Collection

Eclipse side bowl and plate. Assorted bowls, glasses, and accessories also available. Each sold separately.

\$3.99 – \$16.99



Bolero 3-Pc Bistro Set

Set includes two folding chairs for easy storage and 25" glass-top table.

\$129.99



Zero Gravity Chair

Black and silver sling on a rust-resistant, powder-coated steel frame, which reclines and locks into position.

\$69.99



Centro 3-Burner Propane BBQ with Side Burner

Great cooking performance. Large 760 sq. in. total cooking surface. Three stainless steel U-shaped burners for optimal heat coverage. Porcelain-coated, cast-iron cooking grates. Also available in natural gas.

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